

Bavarian News

Vol. 5, Nr. 20 U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch October 14, 2009

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GO HOME !

Have you visited the U.S. Army Garrison Grafenwoehr homepage lately? If not, it's time for a visit. The garrison public affairs office, with the help of several on-post agencies, are in the process of updating the Web page to provide you with more "news you can use."

Useful information includes news, town hall notes, the community phone book and much more. Visit www.grafenwoehr.army.mil today.

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Survey gives Soldiers, families opportunity to influence COLA rates

by Staff Sgt. PATRICIA DEAL
USAREUR Public Affairs

U.S. Army Europe Soldiers and their families in select communities will have the chance to directly affect part of their paychecks this year by taking part in the Living Pattern Survey, Oct. 1-31.

Results from the online survey help determine amounts of Overseas Cost of Living Allowance paid to service members stationed overseas, according to William Gordon, finance policy specialist from the USAREUR personnel directorate here.

Overseas COLA is designed to allow service

members outside the U.S. to maintain the purchasing power they would have if stations in the U.S.

"It is so important that all Soldiers and family members who are eligible ... participate in the survey ... so we can have the most accurate data possible. The LPS is one of the 'building blocks of COLA, and the key to success of an accurate determination of the rates to have maximum participation and good data," Gordon said.

According to the DTMO directive, those Soldiers required to complete the survey are all Soldiers not living in the barracks, who are on permanent duty orders to Germany and who have been in country

for at least three months.

Gordon encouraged service members to fill out the survey with their spouses or other family members who do the shopping in their households.

To access the survey online, go to www.hqsareur.army.mil and click on the link under "Hot Topics."

For more information or assistance with technical issues with the online LPS survey, contact Gordon at 370-3888 or 06221-57-3888, or by e-mail at bll.gordon@eur.army.mil. For more information about overseas COLA, visit the DTMO Web site at www.defensetravel.dod.mil/perdiem.

Grafenwoehr NCO wins it all

by DENVER MAKLE
JMTC Public Affairs

Sgt. 1st Class Aaron Beckman, senior small group leader of Company C, 7th Army Noncommissioned Officer Academy in Grafenwoehr, Germany, won the U.S. Army's 2009 Best Warrior Competition Oct. 5.

Beckman competed against 22 other Soldiers, during the week-long competition from Sept. 27 to Oct. 2, at Fort Lee, Va. Soldiers demonstrated their abilities on written examinations, an appearance before a military board, day-and-night land navigation courses, live-fire ranges and a combatives competition.

"There was a scenario (during the stress shoot event) where the point man in their patrol was shot," said Sgt. Maj. of the Army Kenneth Preston in an AUSA release distributed Oct. 6. "They literally had to scale a wall, take the point man and get him to safety; engage targets within a simulated village; move to second point, where they engaged targets through a window; and then rescue a hostage and get him to safety. And by that point, they had expended their 5.56 millimeter ammunition for their M4 and had to engage targets with their M9 pistol, so it required them to

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Photo by T. Anthony Bell

Sgt. 1st Class Aaron Beckman, representing U.S. Army Europe, reacts to an attack during the 'Evaluate a Casualty' Warrior Tasks and Battle Drills during the 2009 Department of the Army Best Warrior Competition held Sept. 28 - Oct. 2 at Fort Lee, Va. Beckman was chosen as the 2009 Noncommissioned Officer of the Year during a ceremony Oct. 5.

Army answers flood of GI Bill questions, launches Web site

by GARY SHEFTICK
Army News Service

Three Soldiers in the Army's Enlisted Policy Division have been busy answering up to 100 questions daily from the field regarding the Post-9/11 GI Bill.

A new GI Bill Web page launched last week by the Army's G-1 has not yet stemmed the flow of questions, said Lt. Col. Thomas Erickson, chief of G-1 Enlisted Professional Development.

But he added that "once the word gets out," he's confident the Web page will help.

The Web page at www.armygl.army.mil/post911gibill.asp not only answers frequently-asked questions, but also provides the latest news, memorandums and resource material about the GI Bill.

"How do I transfer benefits" has been one of the most frequent questions e-mailed to his office, Erickson said.

While Soldiers must sign up with the Department of Veterans Affairs for benefits under the Post-9/11 GI Bill, transferring benefits is different.

Requests to transfer benefits to a spouse or child go to the Department of Defense on the official DoD Transferability of Education Benefits, or TEB, Web site at www.dmdc.osd.mil/TEB.

Once the application form is submitted electronically, it should be

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Courtesy graphic

A new Web site answers many questions about the GI Bill.

Changes deliver family readiness improvements throughout Europe

by KEN WHITE
IMCOM-E Public Affairs

Following fresh on the heels of Installation Management Command-Europe Army Community Service's inaugural training conference, which gathered Family Readiness Support Assistants in Mannheim Sept. 21-23, unit commanders and families of deploying Soldiers now can look forward to better integrated Family Readiness Team support as important changes became effective

Oct. 1.

Among other things, the Mannheim conference focused on providing the nuts-and-bolts job skills that FR-SAs need to be effective - a first critical step in concerted ongoing effort to improve Family Readiness support across the board in Europe.

"We wanted IMCOM to get people together to start to set the tone of teamwork and cooperation and encourage folks to work together to improve the family readiness team training for Europe,"

explains Jane Helfrich, director of IMCOM-Europe Army Community Service.

"We know what's required to be a FRSA, but what is it that THEY really need, and how we can improve upon that," she said of the conference's underlying rationale.

According to officials, timing couldn't be better, and the will and resources to improve the Family Readiness system has never been stronger.

"Interest at very senior levels of the Army in terms of what's working and what's

not is very high right now, and we just haven't kept up or applied the same flexibility to the way we deploy warriors to the way that we implement and administer family readiness at the ground/garrison level," asserts Katherine Ledbetter, Mobilization and Deployment Division Chief of Family Morale, Welfare and Recreation Command.

"The way that we deploy Soldiers to the battlefield in terms of task organization has completely changed the way families interface with units

to get information as to what the status of their Soldier is," she remarked, pointing to the need to develop strong teams as the center of gravity to effective family Readiness support.

"We can't be successful alone, and if you don't know what your piece of the pie is and how it interfaces with the other key players in the family readiness system, then you are doing a disservice to the Soldiers and Families that are relying on us for service," she

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COMMANDER'S MESSAGE



Driving while distracted presents grave danger to self, community

We recently issued garrison policy letter number 32 addressing "Driving While Distracted."

The policy letter is based on an Executive Order issued by the President of the United States addressing federal leadership on reducing text messaging while driving. Driving while distracted is a serious safety issue and is receiving nationwide attention.

As a community, we owe it to ourselves to eliminate risks to our safety.

There has been a significant increase in fatal traffic accidents caused by drivers distracted by text messaging, in-hand cell phone calls, loud music and other activities that compete for a driver's attention.

The National Highway Traffic Safety Administration stated recently that driver distraction was involved in 16 percent of all fatal accidents.

The safety of those who live and work on our garrison is our priority, so we must make everyone aware of how dangerous something like driving while using hand-held devices

can be.

Driving is an activity that requires your full attention to the road, traffic and other potential hazards.

The fact is, individuals cannot properly concentrate on the road if they are distracted by dialing a number or scheduling an appointment.

No phone call or text message is so important that you should risk your life or someone else's life.

Driving while distracted is not limited to hand-held devices. Playing your radio too loudly, eating, drinking and even talking can impair your concentration.

Our policy applies to all Soldiers, Civilians, Family Members, government employees, contractors, organizations and units assigned or TDY to our garrisons.

Violators of this policy may be subject to administrative actions or punishment under the UCMJ. Bottom line, punishment could range from a warning to losing your job.

We would also like to recognize the tenants units, Soldiers and employees on South Camp for taking the time to show our Community Relations Council, comprised of various

German officials, what they are doing in their jobs in support of the Army mission.

The German officials and media were wowed by what they saw at and heard from participants such as the Maintenance Activity Vilseck, 2SCR, BMEDDAC, DENTAC, Range Operations, Combined Army Training Center and our DPW Environmental Office.

Everyone who participated is already looking forward to our next council visit in the spring, which will again focus on East Camp activities.

Appreciation is extended to the 552 Soldiers, Family Members, and civilian employees who participated in the 2009 Customer Service Assessment.

By taking the time to complete this survey, your voice will have an impact on the quality of life for everyone who lives and works here.

The results from all participants across IMCOM are being downloaded and analyzed and are expected to be presented at the Garrison Commanders Conference next month.

You should see these results released in various communication venues such as this newspaper, the garrison Web site and our Community Action Council meetings.

Your voice will be heard as we all work to



The recently issued garrison policy letter 32 addresses the danger of distracted driving.

improve the quality of service and ensure we stay Army Strong!

*Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr*

CSM CORNER



Cost of living survey influences pay allowance

As we enter a new fiscal year, the Army has begun re-evaluating the Overseas Cost of Living Allowance.

Overseas COLA is designed to adjust the pay of service members like you and me to make up for an imbalance in the cost of living in areas such as Europe compared with the cost of living in the United States. This means when you are assigned to serve in a high-cost area, the government gives you extra money in your paycheck to make up for it.

What may change, however, is the amount of COLA you receive. The COLA rate is determined by many things, one of which is the Living Pattern Survey. The LPS was last conducted for our community in 2005 and new information from your

responses are critical in determining a fair COLA rate for the future.

One hundred percent participation is needed.

All Soldiers not living in the barracks who are on permanent duty orders here and have been here for the last three months are required to take the survey.

I recommend that Soldiers fill out the survey with their spouse or other family members who do shopping in the community. I also ask that spouses of

deployed service members fill out the survey, as well.

The survey asks about common purchases from groceries to appliances to recreational activities and it is an easy way to make a big impact on your pay with little effort.

The survey runs now through Oct. 31 and you can access it at the U.S. Army Europe homepage at www.hqsareur.army.mil, then click on the link under "Hot Topics."

The results from the survey are used to form the retail price survey, which takes place during the month of November and finds the average prices from on- and off-post sources.

These prices directly affect your COLA rate.

In taking the survey, you will influence not only your own salary, but that benefit for your entire community and help keep USAG Grafenwoehr the best place to live, work and train.

Another important allowance for the well-being of members of our community is the Family Subsistence Supplemental Allowance. The FSSA is a program to increase subsistence allowance and remove military families

from the food stamp program.

Families that are eligible, based on household size and income, for the U.S. Department of Agriculture Food Stamp Act are eligible for the FSSA up to \$500 per month, but enrollment is voluntary.

I encourage all who qualify for this program to enroll for their benefit and the benefit of their families.

You will be helped through the application process by a member of Army Community Service, so there is no excuse for not taking advantage of this benefit if you need it.

A staff member at Army Community Service will prescreen families interested in applying for the program before helping the Soldier fill out the online application.

Contact J. Carey Perks for more information at DSN 476-2650, CIV 09662-83-2650 or DSN 475-8371,

CIV 09641-83-8371 or e-mail j.carey.perks@eur.army.mil.

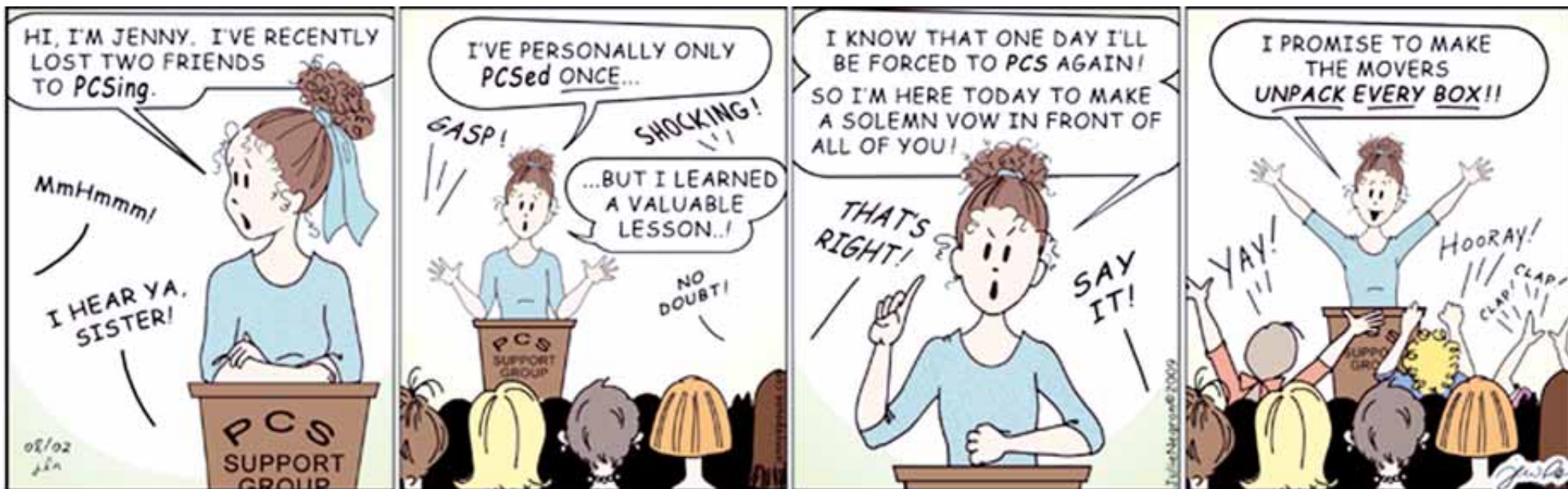
In addition to these obligations, we have to our community and families. I ask that you continue to take advantage of the Interactive Customer Evaluation, or ICE program, to give feedback about the services and experiences you encounter around the garrison.

Help make our community be all that it can be. Find the ICE evaluation at the bottom of the "links" section on the garrison Web site, www.grafenwoehr.army.mil.

*Command Sgt. Maj.
William Berrios
CSM, U.S. Army
Garrison Grafenwoehr*

Jenny the military spouse by Julie L. Negron

THE PCS SUPPORT GROUP



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Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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Simple steps can save big bucks at home, work

by **LINDSEY BAULER**
Special to the Bavarian News

Your garrison has a big bill to pay, and it needs your help.

Already this year, total energy costs for the East and South Camps surpassed last year's cost of \$32 million. According to U.S. Army Garrison Grafenwoehr's Energy Manager Aref Arianta, the energy bill this year is expected to reach \$40 million.

Already the Directorate of Public Works has taken initiatives to decrease spending, including the funding of photovoltaic energy storing solar panels. These solar panels will help reduce energy consumption and cost by \$150,000, but the community's help is still needed to further reduce energy costs.

USAG Grafenwoehr's DPW Operation and Maintenance Division chief Jeffrey Darrow said new technologies and increased efficiencies alone will not likely offset increasing demand... Communitywide participation in efficient energy use and prevention of waste is the best option.

"We want to promote energy efficient measures in the work place and within the home, so we are promoting no-cost efforts to use

energy wisely," Darrow said.

To highlight the importance of these efforts, October is nationally designated as Energy Awareness Month.

This month, the garrison asks community members to take energy conservation seriously and to help friends and family do the same. This year's theme is "A Sustainable Energy Future: We Are Putting All the Pieces Together," an initiative to help community members become aware of the no-cost ways to conserve energy.

No-cost energy conservation

There are several common sense, no-cost actions every socially responsible person can do to conserve energy. Doing a little saves a lot, especially if you make this a habit in your daily lifestyle. High-electricity-rate hours or off-duty hours are between 8 p.m. and 8 a.m. Using large appliances in on-post housing during these times costs USAG Grafenwoehr over four times as much as it would during low-electricity-rate hours.

"It is very important that people are attentive when they use their large appliances and equipment during off-duty hours," Arianta said. Other ways to conserve electricity include following your garrison computer



Courtesy photo

October is energy awareness month. The garrison promotes many no-cost ways to conserve energy use at both home and work.

shut-off policy by turning off your government computer at the end of the day (except Wednesdays for security scan/update); and running your TV, VCR, PC and printer equipment with a power strip that has an on/off switch, and keeping it off when not in use.

Conserving electricity is not the

only way to save energy. Heating with natural gas constitutes 50 percent of our energy consumption.

To save on heating, simply close curtains or blinds at night to trap heat inside your home. Check your thermostatic valve on your heating radiators frequently. It is more efficient

to set the heating valves throughout your work or living spaces on the medium setting, versus setting them on high in some areas, and low or off in others.

Ventilate your space by natural forced air ventilation; for example, open the windows for three to five minutes, rather than keeping them tilted for many hours. And the easiest way to save energy? Dress warmly.

The most energy and cost-efficient way to stay warm is to simply put on another layer of clothing.

To be truly energy efficient, make sure you keep track of your water use, as well. Check toilets and faucets for water leakage. A leaky faucet can waste up to 2,100 gallons of water a year.

This year's theme encourages everyone to see how they fit into the big picture. No matter how large the problem may appear, the fact remains that each of us is a part of the solution.

Every day, everyone makes decisions that can stimulate sustainability and a new energy economy.

When we put all the pieces together, all of us — the federal government, private industry and the public — have the means to shape our energy future and move our nation toward energy independence.

Grafenwoehr's Mayou sets standard for safety in Europe

by **AMY NEWCOMB**
Special to the Bavarian News

U.S. Army Garrison Grafenwoehr's Risk Reduction Program Coordinator Kelly Mayou received one of two RRPC of the Year awards for 2009. One award was given stateside and one given in Europe.

This is the first year the RRPC of the Year award has been given, largely due to the newness of the program. The program ensures Soldiers are not engaging in high-risk behaviors that could keep them from deploying. "It's all about readiness," Mayou said.

The award is based on job performance, peer review, inspection score and supervisor recommendation. Not only did Mayou have exceptional job performance and the highest inspection score in Europe, but she was recommended for the award by her supervisor and co-workers.

Co-worker Cara Coleman has known Mayou for about two years and said that Mayou exuded professionalism, compassion and confidence from the first day she met her.

"We were asked to nominate someone from Europe, and I nominated Kelly because I believed she deserved recognition for her efforts in her areas, as well as the fact that she was the driving force behind the program's initial success," said Coleman, who is also the RRPC for Wiesbaden.

According to Coleman, Mayou played an instrumental part in getting the program established in Europe and was the first hire as

an RRPC. She created multiple systems that made her co-workers' jobs easier, established excellent rapport with their clients, commanders, garrison support staff and Soldiers to ensure the program's success.

"As a co-worker, she utilizes her abilities to work with the rest of us in a cooperative and assistive manner, which in turn creates a cohesive team, something which assists our program as a whole to excel," Coleman said.

The Risk Reduction Program was initiated within the Army Substance Abuse Program, which identifies and reduces high-risk behaviors associated with substance abuse.

Mayou is responsible for consolidating installation data from several sources, such as the Provost Marshall's Office and Family Advocacy, concerning 15 high-risk behaviors from alcohol-related incidents to courts martial for every Soldier within Grafenwoehr, Vilseck, Hohenfels and Garmisch.

The information gathered on these high-risk

behaviors is put into a database that gives Mayou a report based on units, down to company level, on how that particular company compares in high-risk areas to other units on a company level within Grafenwoehr, Europe and the entire Army.

"It looks like a bulls eye, the center is black, then a green circle, yellow circle and red circle. ... If their score is lower than average, according to the Army, then they are in the green; twice as high, they are in the yellow; and anything more than two times as high is in the red, which is bad," Mayou said.

Mayou takes this information and briefs all unit commanders from company level up. She discusses with the commanders which high-risk behaviors are most prevalent within the unit down to a company level.

The first step is to discuss interventions, which can take the form of classes to bring awareness of the problem or a change in disciplinary measures.

Mayou has made sure training and education are tailored to the specific needs of the unit and their Soldiers and families. She is also

responsible for assessing high-risk behaviors that have been overlooked and tailoring training and education accordingly.

Most of Mayou's work is based on data collected on individuals who have been caught in high-risk behaviors. However, a small group always finds a way to slip between the cracks. This is where risk assessments are involved.

Risk assessments are required once a year, before and after a deployment. Risk assessments ask individuals questions related to the 15 high-risk behaviors to determine the chances of occurrence, and are self reported and anonymous.

"If you picture an iceberg, the risk reduction portion is the top peak ... the unit risk inventory that we do gives us all the stuff that is under the surface that might be an issue that no one has seen or no one is catching," Mayou said.

Mayou has worked closely with the 2nd Squadron, 2nd Stryker Cavalry Regiment, since its redeployment.

The unit was assessed as having an above average score in the financial assessment of the program and because of this, Mayou initiated training to the units, Soldiers and families that would help alleviate the problem.

According to 2/2 SCR's commander, Lt. Col. Omar Jones, Mayou has been a vital member of the risk reduction team and composite risk management process for his unit.

"Kelly truly helps us 'self ourselves' and facilitates our coordination with agencies across the garrison that provide assistance to our Soldiers and families and training (and) education to our formations," Jones said.



Mayou

“She utilizes her abilities to work with the rest of us in a cooperative and assistive manner, which in turn creates a cohesive team, something that assists our program as a whole to excel.”

Cara Coleman
Co-worker of Kelly Mayou

GARRISON SNAPSHOTS



Photo by Melissa Wolff

Left to right, garrison leader Command Sgt. Maj. William Berrios, local Combined Federal Campaign manager Christine Nunez, Pfc. James Dunn, who made the cake, and Garrison Commander Col. Chris Sorenson cut the cake to kick-off the beginning of the CFC Overseas campaign, the most successful workplace charity campaign worldwide.



Shelley Mangual dances a Hispanic Folkloric Dance during the Hispanic Heritage Month Celebration at the Vilseck Memorial Gym, Oct. 2, to celebrate the millions of Hispanic Americans who have contributed their rich and diverse culture to the American way of life. The gym was decorated with informational posters and the flag of every Hispanic country around the world.

Photo by Amy Newcomb

NMS hosts ‘LiveStrong’ event, teaches family wellness lessons

Story and photo by
AMY NEWCOMB
Bavarian News

Netzaberg Middle School, one of 1,000 schools sponsored worldwide by the Lance Armstrong Foundation, celebrated its LiveStrong Day events for the fight against cancer Oct. 1.

The LAF was founded in 1997 by Lance Armstrong who had been diagnosed with cancer the year before. From 1997 to 2003, Armstrong established several cancer support and research programs. In 2003, Armstrong launched LiveStrong.org as an online support center for cancer survivors.

When the LAF began sponsoring schools for the LiveStrong events in 2005, it started with 250 schools. This year, the number of schools has quadrupled, making volunteers crucial in organizing these events that have gone international.

“I am volunteering my time because I truly believe in the foundation and resources they have to offer for those affected by cancer,” said Heide Hurd, NMS’s Physical Education teacher. “Anyone who goes on the Web site can order a free survivorship notebook that will help a person from the second they are diagnosed and prepare them for the battle of their life.”

Hurd had been in contact with the foundation since this past summer in hopes that NMS would have the opportunity to be sponsored for these events. Having been involved as a LiveStrong event coordinator since 2006, she has applied every year for sponsorship to the LiveStrong



Children of Netzaberg Middle School unroll a banner in honor of the school’s ‘LiveStrong’ event for the fight against cancer. Their banner was carried during the school’s “Walk 4 Awareness” Oct. 1.

Organization. “I’m just so tickled I get to do it this year,” she said.

For the first event, “LiveStrong Walk 4 Awareness,” parents and children were encouraged to wear yellow to earn an extra half hour of fitness fun. Students made two laps around School Age Services, carrying balloons and signs to represent LiveStrong.

Hurd also engaged all students to enter the contest expressing what LiveStrong meant to them by making posters and collages or writing poems and stories.

The second event of the day, a LiveStrong Family Wellness Workshop, sought to incorporate family friendly CrossFit, Yoga and Nutritional information in a family’s everyday life.

“This event is awesome because

to me our parents are the kids’ number one role models ... if we can empower them with the knowledge and concepts of LiveStrong, we as a community benefit tremendously,” Hurd said.

U.S. Army Garrison Grafenwoehr’s CrossFit Instructors, Capt. Jason Mulligan and Shannon Linville, came out to NMS for the LiveStrong Family Wellness Workshop to show parents and students how they could incorporate CrossFit into their everyday schedules.

According to Mulligan and Linville, the key to fitness is not to specialize in one thing, but to have a broad range of exercises you can alternate between.

After the CrossFit lessons, attendees were introduced to a few recipes that smelled as delicious as

they looked. NMS Language Arts teacher Margot Benn, who has studied nutrition, volunteered her services to demonstrate easy ways to eat healthy without sacrificing good taste.

After nutrition lessons, Kristen Stone, NMS’s Learning Impaired teacher and Yoga guru, showed faculty, parents and students how to do several Yoga poses. Students have already been learning and practicing some of these poses in Hurd’s PE class.

Overall, everyone who attended the LiveStrong Family Wellness Workshop walked away with more knowledge than when they arrived.

“I look forward to trying to make next year’s event even bigger and better ... I visualize our entire community in yellow for our next LiveStrong Day,” Hurd said.

Spotlight on Education



Name: Jan Bonzon

What is your position at school? Assistant Principal at Schweinfurt Elementary School.

Hometown: Seattle, Wash.

How long have you been a teacher? Over 30 years.

What do you enjoy most about teaching? Setting high standards and watching students stretch to meet them.

What advice can you give students to help them succeed? Be curious! Chase every question until you find an answer! It’s your life and your learning opportunity; use your energy wisely.

Services abound for families with new additions

by **JAY VELIS**
USAG Grafenwoehr EFMP Manager

The Exceptional Family Member Program (EFMP) would like to highlight the many services that are available for the youngest members of the family under 3 years old, and also to those that are expecting a baby in the near future.

Traditionally, a parent’s most important concern with babies is whether the baby is developing as expected; whether the parenting skills are correct; whether the proper feeding is taking place; and most importantly, whether all associated medical concerns are addressed properly. Luckily, the community has all those services ready for parents to access.

The Educational & Developmental Intervention Services office plays a critical role in providing early intervention services for children under 3 years old. Mary Lynn Sommerfeld, Early Childhood Special Educator, is one of the EDIS staff members eager to help families.

“EDIS screenings are free, so if families are concerned that their child might be behind other children in walking or talking, they can call for a free screening,” Sommerfeld said. The goal of EDIS is to ensure children are ready to learn when they reach school age by providing services and support to eligible families who have concerns about their child’s development.

EDIS staff is comprised of social workers, speech, physical and occupational therapists, and educators.

If an assessment shows that assistance is needed, EDIS staff will coordinate services to support the child so he or she gets the necessary assistance in the development process. Contact the Vilseck EDIS office at 09662-833221.

New Parent Support Program

The New Parent Support Program (NPSP) is a team of licensed professionals ready to assist families with children 3 years old and younger.

“New Parent Support Program helps make

your most important job (parenting) easier,” said Leah Hudson, New Parent Support Program Home Visitor.

To receive this service, one must be a parent of a child younger than 3 years old, regardless if the child is the first one, or be an expectant parent. Services include support groups, lactation services, and education sessions such as breast feeding group, playgroup and an overall great experience. NPSP also provides confidential, individualized services in the comfort of your own home. Local hospital tours are also offered to the expecting parents to familiarize them with the hospital setting to allay any concerns or questions. To access this service, call Army Community Service at 09662-832733 and ask for the New Parent Support Program.

Women Infants and Children

The Women, Infants and Children Program provides eligible families with several important benefits, which may include nutritious food, tips on how to prepare balanced meals, nutrition and health

screenings, and access to other resources that may help families lead healthier lives.

Mothers, expectant mothers, and infants and children younger than 5 years old may be eligible for this great service. The service is designed to supplement the food you regularly buy with additional nutritional items.

For more information, call the WIC office at CIV 09641-836821/6785 (East Camp) or CIV 09662-833790/3791 (South Camp).

Lastly, remember to schedule your pediatrician visit to ensure that your child is developing as expected. Pediatricians manage the physical, mental and emotional well-being of their patients, in every stage of development – in good health or in illness.

Generally, pediatricians focus on babies, children, adolescents and young adults from birth to age 21. Grafenwoehr and Vilseck health clinics each have a pediatrician. To make an appointment, call 09641-837152 at East Camp and 09662-832936 at South Camp.

GARRISON SNAPSHOTS

Elmo recieves embraces after dancing and singing about deployment with other Sesame Street characters to more than 2,200 children and parents, Oct. 4, at the U.S. Army Garrison Grafenwoehr Field House. The performance was part of a USO- sponsored Sesame Street tour of European military installations.
Photo by Gail Dillon



IMCOM-E Family Advocacy Program Manager Richard Lopez, speaks at the U.S. Army Garrison Grafenwoehr’s Candle Light Vigil for domestic violence at the Vilseck Chapel Oct. 7. Lopez discusses the responsibility of the community in curbing domestic violence. “We need to recognize the signs of abuse,” he said.
Photo by Amy Newcomb

New USO facilities offer 'home away from home' for Soldiers, families alike

Story and photo by
LINDSEY BAULER
Special to the Bavarian News

According to Linda Lorenzana, director of the new Grafenwoehr United Services Organization (USO), its mission is to provide "recreation and a safe haven for single Soldiers. For them to come in, relax, be themselves." To create this safe haven, the USO has teamed up with BOSS, Better Opportunities for Single Soldiers.

"This is the very first BOSS and USO team," said Cpl. Robert Shoper, head of the Grafenwoehr BOSS program. "We have a very good relationship. We just want to provide a homey place where they (Soldiers) can get out and socialize rather than being stuck in their rooms."

The new USO offers many ways to socialize, including a cyber café with computers; free Internet and phones that allow troops and their families to call their loved ones for free; a gaming center with Xbox, Nintendo Wii and Rock Band; a theater with a

Staff Sgt. Jesus Rios is visiting U.S. Army Garrison Grafenwoehr for training. Stationed in Colorado, Rios is thankful the USO provides free WiFi and telephones to call his family back in the U.S. Beginning Oct. 3, the Grafenwoehr USO will host a brunch every other Saturday.



flat screen TV and recliners; and a kitchen complete with a coffee station, free snacks and beverages.

Also available is a conference room open to the community.

"We had a group come in yesterday

who were making welcome home banners," Lorenzana said. She hopes to find a German speaking person who the USO can hire to give free German lessons a couple nights per week in the conference room.

The USO provides meals several nights per week and plans events for holidays and other occasions. "I'm thinking about doing a scary movie night for Halloween, all night," said Lorenzana. "Bring your blanket, bring your pajamas, and we'll have a sleepover!"

She also plans to provide a Thanksgiving meal, an all-night Super Bowl Party and Christmas cookie baking sessions.

Every other Saturday, starting Oct. 3, the USO hosts a brunch. These events are open anyone who wants a home-cooked meal. Even the cast of Sesame Street attended one of the weekend brunches. "They were very appreciative," recalled Lorenzana. "They hadn't had a home-cooked meal since they got on the road."

Lorenzana has many plans for

the new USO and is always open to suggestions. "We're always listening to the Soldiers. We're always asking them what do you want here, what do you want to see here." A plan already in the works is a covered, lit pavilion behind the USO for barbecues and other events. "I've already talked to Soldiers who play instruments and want to get bands together, so we're going to have some really fun times." This pavilion should be built by next summer.

To continue providing these services, the USO is in need of volunteers. "Volunteers are crucial," Lorenzana said. The USO has four permanent staffers, but volunteers are particularly necessary for keeping the center open at night, preparing meals and hosting special events. One dedicated volunteer, Kristen Duncan, works there almost every day. "I want to give back to Soldiers and their families," Duncan said.

"It's better than staying home isn't it?" Lorenzana said.

"It is, much better," Duncan said, smiling.

2SCR steps up training at Task Force-East

by **Spc. JERRY WILSON**
2SCR Public Affairs Office

Troopers from the 2nd and 4th Squadrons of the 2nd Stryker Cavalry Regiment are hard at work in both Romania and Bulgaria training alongside their NATO counterparts as part of the United States European Command's Theater Security Cooperation event known as Task Force East.

During TF-East, 2SCR Soldiers conduct multi-echelon exercises with both Romanian and Bulgarian Land Forces that encompasses the full range of conflict using the traditional gate training strategy.

Each troop or company is teamed with its Bulgarian or Romanian counterpart for a three-week long rotation that focuses on maneuver tactics, techniques and procedures. Together, these units train at the squad, platoon, and then company level certifying on Full Spectrum Operations tasks.

Focusing on basic combat skills provides the foundation for tactical coaching from leaders in many areas. "Leaders at all levels are very proficient at tasks that Soldiers 10 years ago weren't," said Lt. Col. Omar Jones, the 2nd Squadron commander. "However, continued training of basic soldiering skills such as mounted and dismounted battle drills and

individual movement techniques are vital."

TF-East has proven to be a great opportunity for tactical planning and training junior leaders at troop leading procedures. Training of leaders on platoon and company level attack, movement to contact and breach procedures has given commanders a significant assessment of their unit's current abilities.

Task Force -East provides an venue for leveraging deployable, collaborative AAR processes. During the exercise the Stryker Brigade Combat Team is training as it fights alongside its NATO counterparts. The sharing of knowledge has allowed unit differences to become combat enablers, developing enduring relationships, processes and solutions.

The Second Cavalry Regiment is a relevant, deployable SBCT and events like TF-East demonstrate the regiment's ability to project combat power throughout the theater.

Troops are also learning how to overcome

both natural and fortified objectives that they could encounter on the battlefield. One such objective is a trench that troops must assault

and secure before moving on to a subsequent target. Troops also must conduct the initial breach of a mined wire obstacle.

Working in urban terrain, squads practice conducting raids on possible insurgent strongholds. Each squad conducts room clearing procedures and sensitive site exploitation. The units additionally conduct a myriad of exercises designed to hone basic combat skills to include movement to contact, defense of an assembly area, hasty defense, employment of snipers and calling for and adjusting indirect fire.

Breach of a mine or wire obstacle is considered one of the most complicated missions to perform at the platoon and company level. The training focuses on the synchronization, in time and space, of direct and indirect fires, obscuration, breaching

assets, and maneuver assets, challenging leaders' abilities to manage all aspects of full spectrum operations.

Calling for an air medical evacuation of wounded, calling fire support, and HMMWV and Stryker drivers training are other essential skills being trained in this Theater Security Cooperation exercise as well.

Other specialized training conducted during TF-E rotations is specific for reconnaissance sections and Human Intelligence teams. Human Intelligence operations are being integrated into all company level operations.

Reconnaissance teams are training in three major areas.

These areas are route reconnaissance, area recon, and zone reconnaissance which are all enabled by the Regiment's shadow unmanned aerial systems platoon and full use of the digitally distributed command and control system embedded with each Stryker platform.

Task Force East has proven to be a beneficial training tool to all parties involved. Not only has it allowed Troopers to train and share their knowledge with allies, it has given Dragoon's the opportunity to practice deploying equipment and personnel away from home station.

The exercise is currently going into its third rotation and is slated to be completed in mid-October.

Continued training of basic Soldiering skills such as mounted and dismounted battle drills and individual movement techniques are vital.

Lt. Col. Omar Jones
2nd Squadron Commander

RETIREE CORNER

Dental benefits for retirees in Bavaria undergo changes, adjustments

by **DAVE STEWART**
Graf Retiree Council President

The garrison staff and its satellite organizations are working hard to have everything in place for this year's Retirement Appreciation Day.

We told you last month of the variety of services being offered, including certain preventative medical services, legal assistance, DFAS consultations, customs and mortuary affairs.

We didn't, however, give much information on the proposed dental services as it was vague at print time. Since then, we have talked with Col. Theresa Gonzalez, commander of the Bavarian Dental Activity, and Col. Michael Moyer, the officer in charge of the Grafenwoehr Clinic, on their plans to support this year's event.

I have dedicated some space to this important service as our retirees face special oral health issues given their age.

"I have participated in these events for 24 years and I believe that the efforts should be borne out of the needs of those we seek to honor," said Gonzalez, who has oversight of

the garrison clinics. "The Dental Activity intends to offer periodontal screenings, oral exams, oral hygiene instruction to include the benefits of topical fluoride application irrespective of age, oral cancer screenings/examinations, nutrition and oral health counseling, as well as orofacial pain management examinations."

According to Gonzales, "This will be the most comprehensive dental activity effort to date and we are excited to expand the diagnostic scope of our capability."

The dental commander also pointed out, "We believe that screening and wellness initiatives are the two most important issues to be addressed. The highest rate of oropharyngeal / oral cancer occur in our over 60 population and the survival rates are abysmal.

Oral cancer screenings can literally save a life and reduce the attendant but regrettable, morbidity/mortality rates associated oral cancer. Our program is designed to rule out cancer by screening the vulnerable population, and to screen for early periodontal disease, as well as to address any routine dental question."

According to Moyer, the Grafenwoehr OIC, the clinic will provide a limited number of cleanings as time allows.

This is a service that may not always be available as it is based on the current troop population. "The garrison continues to grow and the active duty population must come first," Moyer said. "We intend to provide quality preventative dental services for the retired community. Our staff recognizes our need to support this constituency and is fully prepared for this special day."

However, on cleanings, Gonzalez cautioned, "for deep scale/root plane procedures to be effective at combating chronic progressive periodontal disease, the treatment algorithm requires scheduled, systematic and sequential therapies."

She also pointed out that "a sporadic cleaning, no matter how well intended, has legible treatment efficacy in the management of the disease progression."

DFAS Special Service

DFAS will be conducting Call Center Services in Europe Oct. 15, from 9 a.m.-3 p.m., DFAS Cleveland's Mr. Cifani will head up this service. He can be reached at DSN 379-6080 or Civ 0049-(0)6202-80-6080. If you have documents that need to be faxed the number is

DSN 379-6476 or Civ 0049-(0)6202-80-6476. Remember - a signature and SSAN are required on the documents. This is the same service as if you called the Call Center at DFAS Cleveland.

TAPS

We lost another retiree last month. Chief Warrant Officer 4 G.W. Eby, a longtime resident of Grafenwoehr, passed away after a short illness. He was 85. Eby was an icon in the community and served in the local VFW Chapter from the beginning.

He established the Tower Post Chapter in 1982 and was active in membership up until the time of his death. He was the Department of the Europe commander for the VFW in 1999.

He joined the Army in 1951 and served in many assignments including Korea, Germany, and two tours in Vietnam. His last duty assignment was as the post maintenance officer in Grafenwoehr.

He is survived by his widow Anna of Grafenwoehr. Funeral and burial with military honors was held in Grafenwoehr City Cemetery in early September.

11th Airborne vets return to Germany

Story and photos by
JOHN REESE
USAG Garmisch PAO

They were older, grayer, and one of them walked with the aid of a cane. However, the 11 former paratroopers of the 11th Airborne Division who visited Garmisch, Sept. 30, still stood tall and saluted as crisply as they did in 1956-1958, when the elite division returned to Germany to train the first post-war generation of Fallschirmjäger (German paratroopers.)

The 11th AD "Angels" were on a whirlwind tour of their former kasernes in Bavaria, beginning with a flag raising ceremony honoring World War II veterans on Obersalzberg, a visit to the Eagle's Nest and castle in Berchtesgaden, and a city hall reception in their "hometown" of Augsburg.

The Angels, along with four family members, then traveled locally courtesy of a military bus provided by the Bundeswehr, making a windshield tour of Augsburg's Sheridan, Reese and Flak kasernes. Their visit to Artillery Kaserne, the southernmost US Army post in Germany where some of them had learned to ski half a century ago, earned a warm reception from the garrison Soldiers and civilians.

Garrison Manager Karin Santos, a lifelong Army spouse, took time away from an ongoing security inspection to welcome the group and provide a background briefing on the evolution of USAG Garmisch from 1945 to the present.

Many of the veterans had questions about the numerous hotels once run by the Armed Forces Recreation Centers. All hotels, except the former Green Arrow Hotel (now the Abrams Complex), were returned to host nation control or demolished, like the von Steuben Hotel in September. The Patton Hotel was the last hotel closed and the best remembered, along with Casa Carioca, a combination indoor arena/ice skating rink with a retractable floor.

"How many of you have been to Garmisch before?" asked retired Capt. Monika Stoy, organizer of the tour and herself a former



Eleven former paratroopers from the 11th Airborne Division Angels return to Bavaria where they served in post-war Germany from 1956-1958.

paratrooper. Half of the hands went up. After a round of introductions, Stoy pointed out Diana Hallett and her father, paratrooper Joseph Hallett. Diana was born in Augsburg in 1958 while her father was stationed there.

"And how many of you are back here in Germany for the first time?" This time more hands lifted.

"Regrettably, this is my first trip back to Germany," said Larry Lenahan, who joined division in 1957 straight out of jump school at Fort Bragg. Lenahan was stationed in Augsburg and Gablingen, which both closed in 1998. "I wanted to get back here for years and years, and when word of this event came up my wife turned

around and said: 'You're going!' Hmmm. So I said 'What about you?' And she said 'No! You're going, and that's it!' So, I'm back."

Although their kasernes were gone, the veterans agreed Bavaria hadn't changed much since they were young Soldiers; it was still green and wholesome in appearance, and the small towns were just as they remembered. One of veteran commented on how Garmisch was such a "clean and pleasant place to be."

"I was a command Pfc.," joked Richard Becker, who spent 15 months in Gablingen with the division beginning in July 1957. As a fire direction control trained medic, he said he was constantly training in the field at Hohenfels and Grafenwoehr.

Ray Oxendine, who was a Special 3rd Class, arrived at Gablingen Kaserne in January 1956. Raised on a farm in North Carolina about 30 miles south of Fort Bragg, Oxendine said he was amazed at the number of plow animals being used in Germany back then. The group noticed many cattle still in the fields throughout Garmisch-Partenkirchen, which led to a humorous discussion about nightly traffic jams caused when the sheep and cows return home.

"When joined the division I was assigned to special services, and mostly I played a lot of baseball and football all over Europe," said Oxendine. "I was a catcher in baseball and a great center and linebacker in football. We went to Munich, Stuttgart, Berlin, and down into France to play, and because of that I got a college scholarship to pay my way through college."

On this trip Oxendine learned about the impact he had on introducing baseball to Germany.

"I found that out yesterday when we went back to Augsburg and visited some of the kasernes,

that they were playing baseball from what came out of here in 1956," said Oxendine.

"Two of these Soldiers were just 16-year-old boys when they joined the 11th Airborne Division," said Stoy, noting the two youngest members on her 'jump manifest.' The "boys," now seniors approaching 70 years of age, got a good-natured round of ribbing at the mention of their comparative youth.

Stoy, who acted as a military sociologist and historian for the trip, said she planned and organized for the first reunion in 52 years among German and American paratroopers of 1956 to 1957. The trip was part of her doctoral studies.

Armed Forces Network Television recorded the visit, asking the Angels what advice they had for today's paratroopers. During this Year of the NCO, their unanimous response was: "Trust and listen to your NCOs."

"Keep learning," said Becker. "The more you know, the better off you are in the field. The important thing is to listen to the people who are leading you. The NCOs are still leading the military — under the guidance of the officers — but the NCOs do it right. Listen to them."

"Take advantage of this opportunity while you can do so," added Oxendine.

Artillery Kaserne was the only active US Army post they visited, and retirees were allowed to shop at the PX and commissary to stock up on a few necessities from home. The group had been living exclusively on German "rations" since arriving in country Sept. 26.

After departing Garmisch, they traveled to Bad Tölz for a reception by the burgermeister. For the next two days the group was reunited with German paratroopers trained in Altenstadt, home of the German Airborne School. In various ceremonies they were received by the school commander, met with German army chief of staff, and observed tomorrow's German paratroopers during airborne training and drop operations.

"I retired after 27 years, 25 of them on jump status. I did more than 450 jumps out of a perfectly good airplane," said retired Command Sgt. Maj. Lester Kapelka in a deep command voice. "I don't listen to anybody below the rank of major. It took a field grade officer to rate me."

Kapelka shrugged at Stoy for effect, causing his fellow warriors to chuckle.

The oldest of the group at 80 and retired from a second career with the US Postal Service, Kapelka was a trainer for the first sticks of post-war Bundeswehr paratroopers in 1956.

The veterans had two remaining missions — to exercise their legs and arms; the first was marching in a parade in Augsburg, while the second was hoisting steins with their friends, old and new, at an Oktoberfest celebration at the airborne school.

"Lederhosen, anyone?" asked Stoy.

The 11th Airborne Division troopers who once walked the line against the Warsaw Pact returned home Oct. 3, mission accomplished.

Editor's note: Visit bavaria.afneurope.net for more stories from the 11th Airborne Division Angels.

Garrison manager Karin Santos greets 11th Airborne veteran Andy Anderson during a stop in Garmisch. The former Soldiers returned to Bavaria as part of retired Capt. Monika Stoy's effort to preserve their history from 1956-1957, the period when they trained the first post-war German paratroopers.



GARRISON SNAPSHOTS

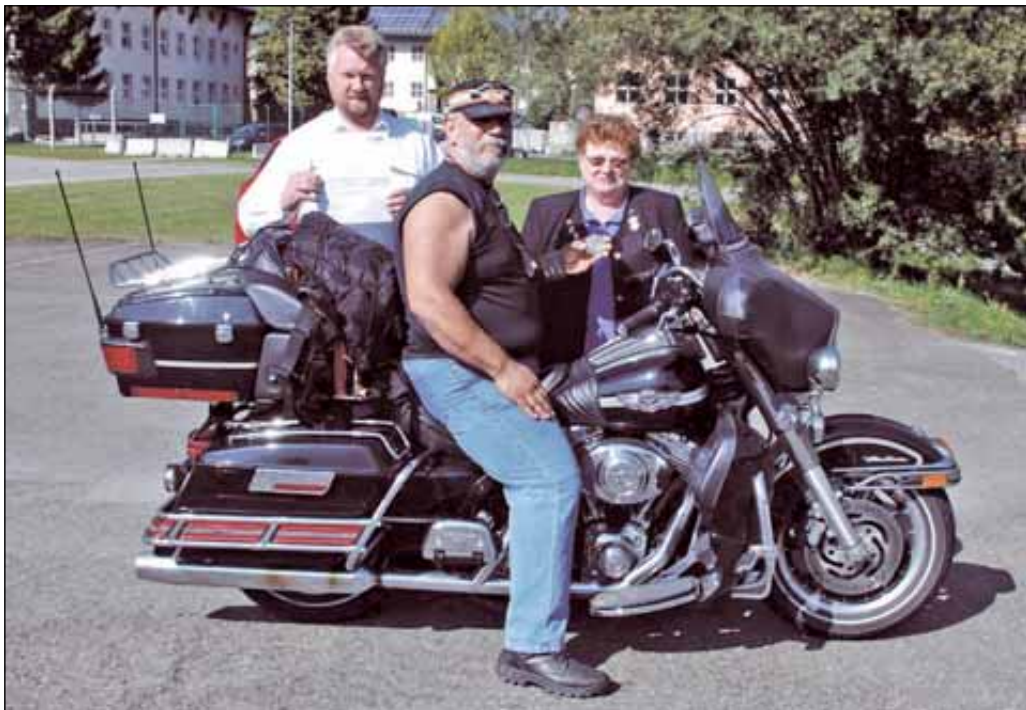


Photo by John Reese

"If I can help save one Soldier's life, it's worth it," says retired Master Sgt. Mario Mercado (center), a rider-coach and range certification inspector for the Motorcycle Safety Foundation. Mercado volunteers his time, riding from post to post at his own expense to instruct new and experienced riders and ensure motorcycle safety ranges meet current standards. He rode to Garmisch twice recently to help Safety Officer Andy Tuerk (left) reset the course. "With this recertification, this range is open for business again," said Tuerk. USAG Garmisch manager Karin Santos (right) presented Mercado with a coin and thanked him for his volunteerism.



Children of Garmisch Elementary-Middle School celebrate Oktoberfest by dressing in "trachten," or traditional Bavarian dirndls and lederhosen, on the last school day before the end of the world's largest party in nearby Munich.

Photo by Debbie Strong

JMRC welcomes Spiszer as new Operations Group commander

Story and photo by
TODD OLIVER

JMRC Public Affairs

Col. John M. Spiszer was officially welcomed as the commander of the Joint Multinational Readiness Center during a command ceremony Sept. 29 at the airfield.

“John is uniquely qualified to command JMRC. He’s responsible for training Soldiers all across Europe,” said Brig. Gen. Steven Salazar, guest speaker and commanding general of the Joint Multinational Training Command, JMRC’s higher headquarters.

“He has recent and considerable operational experience and is very familiar with Germany. He has a personal operational tempo that reflects the pace and commitment of our Army and its families,” said Salazar.

Salazar said that Spiszer, having deployed in support of operations in Iraq and twice to Afghanistan, has the right kind of experience to be effective. He is a leader that understands the role and sacrifice of military families.

Spiszer comes to JMRC from Fort Hood, Texas, having just completed a 12-month tour in Afghanistan. From March 2007 to September 2009, he was the commander of the 3rd Brigade Combat Team, 1st Infantry Division. In Afghanistan, his unit was responsible for security and stability operations in northeastern Afghanistan along the Pakistan border. While there, his unit conducted counterinsurgency operations and focused on security, governance, economic development and information activities.

From 2006 to 2007 Spiszer served as the

deputy director of the Soldier Battle Lab, now known as the Maneuver Battle Lab at Ft. Benning, Ga. The lab conducts live, virtual and constructive experiments to gain insight and recommended changes to Doctrine, Training, Leader Development, Organization, Materiel, Personnel and Facilities based on rigorous analytics and inputs from Soldiers and their leaders, as well as emerging technologies and initiatives to support the current and future force.

“He’s a leader that knows how to train our formations for war,” said Salazar.

The JMRC is a full-service maneuver area that provides live-fire and simulated combat conditions, professional observer/controllers and a dedicated opposing force, which regularly deploys, to provide challenging realistic training for U.S. and multinational forces. The JMRC is well-known for training.

“I know we’ve got to start modernizing for the future as the Army starts to look forward beyond Iraq — what direction we are going to go, what hybrid threats are we going to face, and what do we have to train for, that’s going to be a big focus of ours,” said Spiszer. “As we shift toward Afghanistan, we have to be looking a lot more deeply at that situation there and beyond.”

Other priorities include strengthening relationships with NATO and multinational partners.

“Being back in Germany was just something we really looked forward to,” he said. “We love the people; we love the countryside; we love the way Germany is; and we were very excited about coming back.”



Col. John M. Spiszer and his wife Melissa cut a cake for guests after he took command of the Joint Multinational Readiness Center during a ceremony in Hohenfels, Germany, Sept. 29.

The commander and his family have lived in Germany, including Vilseck, and are looking forward to another tour in Europe.

“The Army has prepared me — all my career — for this job through my previous assignments,” said Spiszer. “I think I’m well prepared.”

Hohenfels celebrates Hispanic Americans

Story and photo by
KRISTIN BRADLEY

Bavarian News

The life story of Erni Moya and her ancestors is extraordinary for many reasons, but the most inspiring part is just how ordinary a story it is for many Hispanic Americans.

The director of Equal Employment Opportunity for U.S. Army Europe and second generation Mexican American, Moya spoke at a luncheon honoring Hispanic American Heritage Month at the U.S. Army Garrison Hohenfels dining facility Sept. 24.

She told attendees how her ancestors emigrated from Mexico to Texas and New Mexico, some escaping the revolution as they fled.

Taken out of school by her parents at a young age to help at home, Moya’s mother had only an eighth-grade education. Yet she deeply valued education and her encouragement led her eight children to receive numerous bachelor’s, master’s and doctoral degrees.

Her family’s story of perseverance and achievement is a common American story, Moya said, a point President Barack Obama also focused on in his 2009 Hispanic Heritage Month Proclamation.

“The story of Hispanics in America is the story of America itself,” Obama said. “The Hispanic community’s values — love of family, a deep and abiding faith and a strong work ethic — are America’s values.”

Hispanics bring together the rich traditions of communities with centuries-old roots in America and the energy and drive of recent immigrants. Many have taken great risks to begin a new life in the hopes of achieving a better future for themselves and their families.”

Moya also spoke about how important it is for Hispanic Americans, and all Americans, to continue to set goals and take risks for themselves, their family and their country.

“We have to set the goals and we have to make the effort to



Ecuadorian dancers Carla Jaranillo and Roberto Ortiz perform during the Hispanic Heritage Month luncheon at the U.S. Army Garrison Hohenfels dining facility Sept. 24.

accomplish those goals. Nobody else will do it for us. Others will help us, yes, and encourage us, yes, but we have to take that first step and believe in ourselves,” Moya said.

“We have a responsibility as those that have come before us to shape history for those that follow us. We can make a difference by being determined and being prepared. Bottom line: you are in control of your destiny.”

In addition to stressing the importance of education and the need to push oneself to succeed, Moya also spoke about embracing the traditions and accomplishments of all Americans, including Hispanics.

To focus on the heritage of Hispanic Americans, the Hohenfels Equal Opportunity Office, along with numerous community volunteers, held a community celebration for the entire family at the Zone Sept. 25.

The Friday night event, a compliment to Thursday’s luncheon, featured games and contests for children, a Brazilian dance troupe, plenty of food and, of course, music.

Mulato, a three-person band that has performed throughout Germany, as well as in Spain and Italy, came to spice things up after the children left at 8 p.m.

Though enchiladas and salsa music were some of the big hits of the night, Rocio Martinez said she volunteered to help with this year’s event in part to show “we (Hispanic Americans) are more than just good food and dancing.”

This year was Martinez’s first year volunteering for Hispanic Heritage Month events, something she said she wanted to do to share the pride she feels from being both an American citizen and of Mexican descent.

“I am Mexican American,” Martinez said, stressing the word American. “I am not just Mexican. I am very proud to be an American. I want to show people it’s all mixed together. My heritage might be there, but my heart is here.”

“You hear it all the time, but America really is just one big old melting pot,” said Martinez.

“We’re all here; we’ve got to get to know about each other and our different cultures. It makes it more beautiful having all the different cultures and the spice of bringing all those cultures together.”



News Team records holiday cheer for folks back home

Spc. Jeffrey Barnhill, center, records a greeting for his family Oct. 1 while in Hohenfels training at the Joint Multinational Readiness Center in preparation for his unit’s deployment to Kosovo. Barnhill’s greeting will air on his family’s local television stations during the 2009 holiday season.

The Joint Hometown News Service from San Antonio, Texas, sends three three-person teams to tape greetings from service members from all branches in Europe, the Pacific and the Middle East. JHN photographer Benjamin Faske said they travel throughout the world taping greetings as a courtesy and special thank you to service members and their families. “Our mission at Joint Hometown News is for all the services — Soldiers, Airmen, Sailors, Marines and Coastguardsmen — to tell their story and relay that back to folks in the States,” said Faske.

For more information on the holiday greetings, or for a complete schedule of taping locations, visit <http://hq.afnews.af.mil/hometown>.

Photo by Kristin Bradley

First ever spouses conference features popular authors, empowering workshops

Story and photo by
KRISTIN BRADLEY
Bavarian News

Kathie Hightower grew up around the military, moving throughout Germany and the U.S. with her civil service parents, and was in the Army herself before marrying another Soldier and discovering life as a “dependent.”

Holly Scherer knew nothing about the military when she met her future husband on a blind date and nine months later entered married life as a military spouse.

Both women said they were completely unprepared for life as a military spouse, and the stress of a new lifestyle began to negatively impact their happiness.

In their book, “Help! I’m a Military Spouse, I Get a Life Too! How to Craft a Life for You as You Move with the Military,” Hightower and Scherer discuss their own difficulties adjusting to life married to the military and offer advice on how to make it work.

Because military spouses face many unique challenges in all facets of life, challenges that differ from those of their civilian friends and even from those of their service member spouses, U.S. Army Garrison Hohenfels Army Community Service held its first ever Spouses Leadership Conference at the Ostbayernhalle in Kreuth Sept. 29-30. The conference featured a workshop with Hightower and Scherer.

The free conference drew spouses from all walks of Army life: young and old, experienced military spouses and those new to the military world, junior enlisted and senior officer’s spouses,

spouses with children and without.

Lara Clagett, Army Community Service (ACS) mobilization and deployment program manager, said the conference was purposely designed to be beneficial for spouses of all levels. She said the event’s goal was to give spouses some of the tools and encouragement they need to be successful, whatever their goals.

The first day of the two-day conference began when spouses arrived by bus at the Gut Matheshof hotel in Kreuth for breakfast and a chat about leadership with keynote speaker Stacye Downing, USAG Hohenfels FMWR director.

Then, attendees chose between several breakout sessions led by seasoned subject matter experts. Sessions included topics like: “Reality Check: Self Awareness and Setting Priorities” by Dr. Priscilla Fleischer, a licensed clinic social worker and ACS Family Advocacy Program manager; and “Personality Types and Interaction” by Amy Hamilton, who has 36 years of experience with the Army as an Army brat, officer and spouse, has moved 20 times and lived in six countries; and “Turning Stress into Power,” a session on conflict management and communication by Karen Lewis, garrison health promotion officer.

The next day spouses attended the headline event, “Follow Your Dreams While You Follow the Military,” a workshop designed by Hightower and Scherer. The workshop was based on academic research and anecdotal advice they have been presenting throughout the U.S., Europe and Japan since 1994.

“I have to admit I spent my first years of military life complaining,”

said Hightower. “I finally realized that the military wasn’t going to change — or at least not fast enough for me — so I had to change my approach.”

Motivated by their own struggles, Hightower and Scherer sifted through volumes of academic search on happiness and interviewed thousands of military spouses about what worked for them. The result was their book, now in its second edition, which eventually evolved into their workshop.

The women now also write the Married to the Military column in the Air Force/Army/Marine Corps/Navy Times newspapers, the Mobile Careers column in Military Money Magazine, and the Your Dreams & Possibilities column at www.CinCHouse.com.

Their goal, they said, is to save other military spouses the learning curve they went through. Their acknowledgment that no military spouse is perfectly happy with the military all the time leads to a realistic and empowering approach.

“We don’t want spouses to think they have to give up their own dreams until they stop moving with the military,” said Scherer. “The workshop helps you clarify your dreams and shows you how to move towards them, starting today.”

A big part of their advice centers on how to look for and accept help.

“If you were meant to be here by yourself, you would have been put here by yourself. There is no reason to try to do everything all on your own,” Scherer said, a motto she stressed more than once.

“Other spouses are key and there are amazing resources — all you have to do is walk through the ACS door. Even if you didn’t like one person in an



Kathie Hightower, left, and Holly Scherer present their workshop “Follow Your Dreams While You Follow the Military,” to a group of more than 70 Hohenfels spouses at the first-ever Spouses Leadership Conference hosted by U.S. Army Garrison Hohenfels Army Community Service, in Kreuth, Germany, Sept 29-30.

office, try another. There are so many options,” said Hightower.

They both agreed programs such as the Spouses Leadership Conference are valuable tools, adding that similar conferences in the civilian world are not cheap.

“When something like this is coming, go. They can’t be offered all the time,” said Hightower.

American Women’s Activities, Germany, or AWAG, is an organization that seeks to connect American military affiliated volunteers throughout Europe, holds a similar conference

in a one-day format for each of its regions. This year, the Oberpfalz region conference will be at Hohenfels, Nov. 14. All community members are invited to participate. For more information, visit www.awagonline.org/AreaConferenceInfo.html.

Hightower and Scherer’s book is currently on sale at the Hohenfels Post Exchange. Their Web site, militaryspousehelp.com, has additional information and resources.

For more information on resources available from ACS, call DSN 466-4860 or stop by Building 10.

Community organizations use health fair to spread message

Story and photo by
KRISTIN BRADLEY
Bavarian News

The U.S. Army Garrison Hohenfels annual Community Health Fair attracted hundreds of children and adults to the post gym Sept. 25.

Attendees gathered information on staying healthy from numerous community organizations, making it a one-stop shop for community information.

The U.S. Army Health Clinic Hohenfels hosted multiple booths, providing patrons with information on Tricare, how to quit smoking, vaccinations, optometry and more.

Second Lt. Samuel Ochinnang, health clinic executive officer, was in charge of the one booth not aimed primarily at helping the Hohenfels community.

Ochinnang encouraged people to become registered as potential bone marrow donors by completing a quick, painless cheek swab and filling out a simple form.

“Bone marrow is what makes blood, so when a patient needs marrow, it is very specific what type it can be.

When you register, it adds to the database and increases the chances that the recipient will be able to find a match,” Ochinnang said.

If a donor is found to be a match for a patient in need, the C.W. Bill Young/Department of Defense Marrow Donor Center will

contact the donor and provide information about the procedure.

Ochinnang said adding yourself to the registry does not represent a binding agreement; if a donor is contacted, he or she can agree or decline to provide the marrow.

He said those affiliated with the military should re-register every two to three years to increase the chances the center will have their correct contact information.

The next Hohenfels blood drive, another way to save a life, will be held in the post gym Nov. 5. Contact Ochinnang at DSN 466-3603 for more information.

Though many of the booths, including the bone marrow drive, targeted adults, children had plenty of options.

Children and adults alike were given a “passport” to get stamped at specific booths.

Once their card was full, they could turn it in for a chance to win one of many prizes such as weights, a pedometer, a digital ear thermometer, and the children’s favorite — a brand new children’s bike.

Those fun and games were designed to get children, many of whom came to the fair during the day with their class, involved with their health.

Heather Bruce, Women, Infants and Children (WIC) nurse, said the fair gave her a valuable opportunity to reach out to the community’s children.

“I get to talk to kids who don’t normally qualify for WIC (children qualify for the program only up to age 5) and get to talk to them about nutrition, which is so important,” said Bruce. “I tried to introduce them to the new food pyramid, get them excited about nutrition, and show them it can be good to be healthy.”

Lisa Simmons, Hohenfels Girl Scouts overseas committee chair, said the fair allowed her to connect with all age groups.

“This gives us the opportunity to recruit adult volunteers, as well as girls, and encourage both to take full advantage of the opportunity for participation in the Girl Scout leadership experience,” said Simmons.

Army Community Service also used the health fair as an opportunity to connect with the community, and chose Sept. 25 to kick off a survey campaign that will assess the needs of Hohenfels Soldiers, families and civilians.

Until Nov. 11, ACS will circulate the Community Needs Assessment, a survey developed by Cornell University for Army Community Service programs across the Army.

While the Army will use data from all participating garrisons for its big-picture planning, Kurt Rager, ACS outreach program coordinator, said the most important and immediate impact of the survey will be seen as Hohenfels ACS uses the data to help steer its programming decisions.

“In the end, it will serve as a very important guide to us as we evaluate current ACS programs offered here at USAG Hohenfels and as we plan our future road map,” he said.

Surveys and collection boxes will be available at locations throughout post for the duration of the drive.



Heather Bruce, a nurse with the Women, Infants and Children program at Hohenfels, speaks with school children about the new food pyramid during the annual Community Health Fair held Sept. 25 at U.S. Army Garrison Hohenfels.

What's Happening

Grafenwoehr/ Vilseck Briefs

Retiree Appreciation Day

All U.S. military retirees are invited to attend Retiree Appreciation Day at the U.S. Army Garrison Grafenwoehr Oct. 24 from 8 a.m. - 3 p.m.

The event will be held at Bldg. 244, just inside Gate 3. Registration begins at 7:30 a.m. with the opening ceremony at 9 a.m. The health and dental clinics begin providing services at 8 a.m. Assistance available ranges from records updates and health services, to benefits and legal assistance.

For more, contact the USAG Grafenwoehr Retirement Service Office at DSN 475-8539, CIV 09641-838539 or e-mail imae-graf.rso@eur.army.mil.

Catch one act plays

Enjoy an evening of One Acts at the East Camp Performing Arts Center.

Friday, 7 p.m., Sunday, 5 p.m. Performing Arts Center Bldg. 102/103, East Camp. Call DSN 475-6426, CIV 09641-836426 for more.

Crown Jewel bazaar

MWR and the Grafenwoehr and Vilseck Community and Spouses' Club are hosting a bazaar Friday through Sunday in the Grafenwoehr Field House, Bldg. 547

Come and be treated like royalty at this year's Crown Jewel Bazaar. There will be more than 50 of Europe's finest vendors with signature merchandise from Italy, Poland and many more

Ribbon cutting on Friday at 11 a.m.

Water Buffalo inspections

Commanders and ISGs, take advantage of this opportunity to get your Water Buffalos Inspected Oct. 28 by preventive medicine. The 71st Medical Detachment along with BMEDDAC will be conducting water buffalo inspections from 9 a.m. - 4 p.m.

The inspections will be located at the Grafenwoehr wash rack, across the street from Organization Maintenance Activity.

For more, call DSN 475-7466 or e-mail dexter.mcduffie@eur.army.mil.

Cub Scout registration

Grafenwoehr Pack 261 and Netzaberg Pack 49 are looking for first-through fifth-grade boys and volunteers for this Cub Scouting year.

E-mail Pack261grafenwoehr@yahoo.com or Pack49netzaberg@yahoo.com for more information.

Command info survey

How do you get information on garrison events, programs and activities?

Completing this short 6-question survey will give us valuable insight on how we can improve information delivery to you. The survey is available at www.grafenwoehr.army.mil.

Antique Hunt Club

The Vilseck Community and Spouses Club's "Antique Hunt Club" heads to a variety of destinations each month to find great European antique treasures.

The club meets the first Tuesday of each month and car pool from the Vilseck Commissary at 9 a.m. and return by 3 p.m. For more, call CIV 0173-4531837.

AL-ANON

AL-ANON meets every Thursday at 7 p.m. at Counseling Center (downstairs), Building 206 (near CDS) in Grafenwoehr.

For more, call CIV 0171-983-9151.

VFW open house

The Grafenwoehr VFW offers a weekly open house every Wednesday at 5 p.m. Business meetings are held on the second Tuesday of each month at 6 p.m.

For more, call CIV 0160-91423858 or CIV 0151-58824074

Volleyball open gym

The Vilseck High School Lady Falcon volleyball program is pleased to announce the start of a competitive open gym for the community through Oct. 28.

The team is looking for experienced volleyball players who yearn for a higher level of competition, particularly females wishing to play on a women's volleyball net.

All high level "experienced" volleyball players - men and women - are welcome to play.

The competition is held Wednesday evenings from 5-7 p.m. at VHS Gym. For more, call CIV 015-226-972948.

Craft shop events

For more on craft classes, call DSN 475-6101, CIV 09641-83-6101.

Framing Classes are held second Wednesday each month from 6-9 p.m. and the fourth Saturday of the month 9 a.m. to noon. Cost: \$35 plus supplies.

Zen meditation for everyone

At the East Camp Chapel annex every Monday at 5 p.m. All are welcome regardless of religious affiliation.

Wear loose, comfortable clothing and arrive a few minutes early if coming for the first time. Chairs and cushions for meditation are provided. For additional

information, contact Jody Dungay at jdungay@hotmail.com.

Officer board approaches

The Officer Candidate School board meets Nov. 11 at the Joint Multinational Training Command, and will be conducted at 8 a.m. in Bldg. 109 (Water Tower), 2nd floor conference room.

Interested candidates should turn in their packets to the G1 on East Camp in Bldg. 131, room 107, Oct. 30.

Garmisch Briefs

Kevin Costner performs

Did you know Kevin Costner from the Body Guard has a band? Costner and the Modern West perform at the Tonhalle Oct. 23, Euro 40 tickets plus \$15 transportation.

Batter up!

Oct. 24, 10 a.m. Free. Garmisch Youth Sports will participate in the Bavarian Baseball League.

Come to the Breitenau Ballpark and root for the home team and then stay for the barbecue.

Halloween carnival

October 30, 5:30-7:30 p.m. The Garmisch Teen Center is hosting a Halloween Carnival at the Peter Burke Community Center. Tickets for games and activities will be on sale. Come in costume.

Krall at the Philharmonie

November 9, Euro 50-90 tickets plus \$15 transportation. If jazz is your preferred genre, come listen to Diana Krall.

Chinese National Circus

Jan. 6, Euro 35-45 plus \$15 transportation. Amazing, awe inspiring! The Chinese National Circus comes to Circus Krona. Truly a great adventure for families. The cost is 35-45 Euros and \$15 for transportation.

For more info on any of these FMWR trips, contact the Garmisch Outdoor Recreation Alpine Experts at DSN 440-2638 or CIV 08821-750-2638.

"Ben Hur Live"

Watch the classic theatre Oct. 30-31, cost Euro 120 at the Olympic Hall in Munich. Show includes the recreation of the famous chariot race.

For more, call DSN 440-2638, CIV 08821-750-2638.

Thanksgiving in Paris

It has become a tradition - like the turkey! Call DSN 440-2638, CIV 08821-750-2638 for cost and details.

Hohenfels Briefs

Motorcycle Basic Course

A Basic Rider Course will be offered Oct. 26 from 9 a.m. to 5 p.m. at the Albertshof Hardstand 3. For more information, contact Hans Hammer at DSN 466-2865.

Recruitment Program

The Hohenfels Community is invited to a presentation on the Workforce Recruitment Program Oct. 28 in honor of National Disability Employment Awareness Month. The presentation will be held at MPIC, Bldg. 1, at 1:30 p.m.

Child Find screenings

If you have a child from 3-5 years of age and have concerns about their skills in any of these five areas: speech and language, personal/social, motor, cognitive, or self-help/adaptive, contact your local Child Find representative.

If your child is birth to three years of age, call EDIS at DSN 476-3321.

If your child is 3-5 years of age call the Hohenfels Elementary School at DSN 466-2829.

Brochures about Child Find may be picked up at the Hohenfels Elementary School.

Dates for the 2009-2010 school year are Oct. 14, Nov. 18, Dec. 16, Jan. 13, Feb. 17, March 17 and May 12.

Trip to Arevita Spa

ITR is going to the Arevita Spa in Amberg Tuesday where you will enjoy a standard facial, eyebrow and half-leg waxing or manicure or pedicure, full body massage, sauna, steam bath and "waterbed" and a light lunch.

The bus will leave at 8 a.m. from ODR and will return around 2:30 p.m. Each trip is limited to eight guests. The cost is \$110 per person.

Other services may be selected upon arrival to the spa. Make sure to bring Euros and they do accept the VAT form.

For more, or to sign up call DSN 466-2060.

HCSC family zoo day

HCSC members will host a special activity, Family Zoo Day Sunday at the Nuremberg Zoo. The Nuremberg Zoo is one of the most beautiful zoos in Europe and provides fun for all ages with a chance to see over 2000 animals.

HCSC members, family and friends will meet outside the main gate of the zoo at 11 a.m. Tickets are 6.50 Euro per person or 15 Euro for families.

If interested, email Courtney Murray at Courtney.murray7@gmail.com.

HCSC Chili Cook Off

HCSC's monthly luncheons are back with a bang in October. Join the Hohenfels Community and Spouse's Club Oct. 21 for a Smokin' Hot Chili Cook Off and Bingo Madness at the CAC from 11:45 a.m. - 1 p.m.

This month, HCSC members are looking for the best chili recipe in Hohenfels. Sign up today by e-mailing okstate20@msn.com. If you are not a cook, enjoy a delicious lunch and help pick Hohenfels' best chili recipe.

Enjoy a side dish of bingo madness with your chili and win great prizes. Lunch will begin at 11:45 a.m., bingo at 12:15 p.m. and awards at 1 p.m.

To become a member of HCSC visit the website www.hohenfelscsc.com, print out an application, mail it in or drop it off at the thrift shop.

Ed Center testing services

The AFAST will be given Oct. 21 at 9 a.m. You must have a GT of at least 110 and a DA Form 4187.

Oct. 28: The AFCT will be offered Oct. 28 at 9 a.m. You must have a DA Form 4187 signed by the commander.

For more information call Bobbi Jensen at DSN 466-4040. The testing services are offered in Bldg. 351.

Texas Hold'em, Bunco

MWR patrons are welcome to enjoy themselves in either game at the Zone Oct. 23.

Texas Hold'em registration fee is \$25, which includes a light buffet. Bunco registration fee is \$10 which also includes a light buffet.

Doors will open at 5:30 p.m. and the games will begin at 6:30 p.m. For more, call DSN 466-2060.

Make a Difference Day

USAG Hohenfels volunteers will be participating in the annual Make a Difference Day project Oct. 24.

Volunteers will collect, package and ship self-care and sustainment items to Afghan families in need. Your participation is needed to ensure that community involvement is maximized.

Children age 6 and older will participate in special art projects that will be sent to the Afghan children.

For more, including a list of items needed and drop-off centers, call ACS at DSN 466-4860.

ITR trip to Chiemsee Castle

Herrenchiemsee, Palace of Ten Days, is on the island of Chiemsee. This is the final castle of Ludwig II, the biggest and most expensive. The bus will take you to the port where you can choose one of the three tour packages with a cost ranging from 5-20 Euro per person.

The bus will depart Hohenfels from ODR, Bldg. H15, at 5 a.m. Oct. 24 and return to Hohenfels around 9 p.m.

Cost is \$50 per person and includes transportation to and from Chiem. Seating is limited to the first 50 people. Call to reserve your seats today.

For more information, call DSN 466-2060.

Monster Fest

The Monster Fest, sponsored by the Hohenfels Library and BOSS, will take place at the Zone Oct. 30 from 4-6 p.m.

There will be fun for the whole family including face painting, spooky games, treats, door prizes and more.

Come dressed in your costume.

For more, contact the library at DSN 466-1740.

Annual Harvest Fest

The Hohenfels Religious Support Office will host the Annual Harvest Fest at the CAC and Post Gym Oct. 31 from 7-9 p.m. The Harvest Fest is an alternative to Halloween.

Everyone is invited to attend. Drop by after trick or treating to eat dinner, play games, get candy and make crafts with the kids. The fest will have many activities including a chili cook-off, costume contest, door prizes, hot dogs and much more.

For more, call Stephanie Headrick at DSN 466-1570 or e-mail Stephanie.headrick@eur.army.mil

USAG Grafenwoehr Invitational

Open Style Martial Art Tournament

October 17, 2009

Graf PFC Bldg. 170

Registration at 8 a.m.
Tournament starts at 10 a.m.

\$ 15 for children
under 18
\$ 20 for ages
18 and over

Kids traditional Kata,
ages 4-18
Adult traditional Kata,
ages 18 and up
Team Kata
Weapons
Kids Kumite
Adult Kumite

This Open Style Martial
Art Tournament is limited
to only striking martial
art style; it is not open
to grappling forms,
such as Judo, Brazilian
Jujitsu, etc.

For more information call the East Camp
Sports Office at DSN: 475-8207 or
SKIES at DSN: 475-9392
or email usag_graf_sports@eur.army.mil



Hosted by the Grafenwoehr and Vilseck Community and Spouses' Clubs

Crown Jewel Bazaar

October 16 to 18, 2009



Bazaar Location:

Grafenwoehr Field House, Bldg. 547

Ribbon Cutting:

Friday, Oct 16, 11 a.m.

Opening Hours:

Friday, Oct 16, 11 a.m. to 7 p.m.

Saturday, Oct 17, 10 a.m. to 7 p.m.

Sunday, Oct 18, 11 a.m. to 5 p.m.

Featuring Over 50 of Europe's Finest Vendors!

English Fine China, Rugs, Wines and Cheeses, Antique and Custom-made Furniture,
Bavarian Clothing, Italian Porcelain, Polish Pottery, Tapestries and Much More!

Be Treated Like Royalty and Save a Fortune!

Bazaar is open to all military ID card holders. Visa, Mastercard, cash and checks accepted.

Sorry, no strollers.



What’s Happening

Ansbach Briefs

Prevent domestic violence

Ansbach’s Family Advocacy Program is supporting the Hands and Words are Not for Hurting Project as part of the Army’s observance of Domestic Violence Prevention Month in October.

The project will give community members a chance to make a pledge to end domestic violence at area dining facilities.

- Katterbach DFAC— today
 - Shipton Kaserne DFAC—Oct. 23.
 - Storck Barracks DFAC—Oct. 26.
- For pledge times or more, call DSN 467-2516, CIV 09802-83-2516.

Date night

Club Beyond hosts its Pre-Deployment Date Night event Oct. 24 from 5:30-9:30 p.m. at the Katterbach Chapel.

Club Beyond offers free child care during the event while parents go for a night out on their own. The care is provided by adults and high schoolers trained by the Ansbach chapter of the Red Cross.

For more, or to sign up, call DSN 467-2785, CIV 09802-83-2785.

Wanted: Instructors

Ansbach’s Schools of Knowledge, Inspiration, Exploration and Skills Unlimited is looking for people willing to share their expertise with community youth in a variety of skills—and earn money in the process.

Child, Youth and Schools Services’ SKIES Unlimited program needs instructors in culinary arts, art, hip hop dance, voice and German language.

For more, call DSN 468-7303, CIV 0981-183-303.

Europe on a budget

Can someone really go to Rome on an E-3’s salary? According to ACS officials, the answer is a resounding “Yes!”

Find out how to travel Europe on a Budget along with ideas on places to go and things to see at a meeting from 9-11 a.m. Nov. 9 at the Storck Barracks ACS.

For more, call DSN 467-4555, CIV 09841-83-4555.

Barton Gym closure

The Barton Gym is closed for renovations now through Feb. 23.

Wiggles & Giggles

Ansbach Army Community Service hosts its Wiggles & Giggles Playgroup weekly at Katterbach, Storck Barracks and Bleidorn. The group is for children ages 0-4 and their parents to get together, socialize and make new friends.

Wiggles & Giggles takes place Tuesdays from 10-11:30 a.m. at the Bleidorn Community Library, from 10-11:30 a.m. Wednesdays at the Storck Barracks ACS classroom, and 10-11:30 a.m. Thursdays at the Katterbach Chapel in the downstairs children’s chapel.

For more, call DSN 467-2516, CIV 09802-83-2516.

BOSS Lounge events

Ansbach’s award-winning Better Opportunities for Single Soldiers program features a lounge in the basement of the Von Steuben building on Bismarck Kaserne. The BOSS Lounge features Jam Night on Thursdays, Poker Night on Fridays, Club Night on Saturdays and Lounge Night on Sundays.

Hours are 5-10 p.m. Sundays-Thursdays, and 5 p.m. to midnight Fridays and Saturdays.

For more, call DSN 467-2921 or CIV 09802-83-2921.

Now hiring

The Ansbach Spouses and Civilians Club Thrift Store is hiring for various positions. Stop by the store on Katterbach for an application.

The Ansbach Thrift Store is open Tuesdays and Wednesdays 10 a.m. - 2 p.m. and Thursdays from noon - 6 p.m. For more, call CIV 0176-631-07391.

Foster parents needed

The Army Community Service Family Advocacy Program is looking for interested families to become emergency foster care providers.

The EPC program provides substitute family care for children over a planned period of time when children’s own parents are unwilling or unable to care for them.

If you are interested, call DSN 467-2146, CIV 09802-83-2146.

Personnel’s new hours

The Ansbach Military Personnel Division has new operating hours.

The ID card section is open Mondays, Tuesdays, Thursdays and Fridays 8 a.m. to 4 p.m.; last customer sign in 3:45 p.m. Wednesdays for appointments only.

Installation Access System is open Mondays-Fridays from 8 a.m. to noon and 1-4 p.m.

Passport section is open Mondays, Tuesdays and Thursdays from 8 a.m. to 3:45 p.m. Fridays closed from 8 a.m. to 1 p.m. for training and open 1-4 p.m. Wednesdays are for appointments only.

The Reassignment actions is open Mondays-Thursdays from 8 a.m. to noon and 1-4 p.m. Fridays the office is closed 8 a.m. to 1 p.m. for training and open 1-4 p.m. Wednesdays are for appointments only.

For more, call DSN 467-2630, CIV 09802-83-2630.

Schweinfurt Briefs

Winter skiing, snowboarding

Winter is not complete without a trip to Austria for skiing or snowboarding. Join the Thanksgiving Outdoor Rec trip Nov. 27 - 30. Adults cost \$299, youth ages 11 to 15 cost \$229, children ages 4 to 10 cost \$199, and ages 3 and under free. Fees include transportation, three overnights, breakfasts, and dinners; equipment rental; and lessons. Lift ticket not included (three days is approximately 115 Euro). For more, or to sign up, call CIV 09721-96-8080.

Dodgeball

Registration is now open for the community dodgeball tournament at Finney Fitness Center Oct. 30. Open to male and female ID cardholders 18 and older and not in high school. Games last from 6 to 8:30 p.m.

To sign up, call CIV 09721-96-8234. Deadline to sign up is Oct. 25.

Flag football championships

Support your favorite team in the Schweinfurt unit-level flag football championships. The final games have already begun and continue Thursday, Monday, Tuesday, and Oct. 22. All games on Gold Field on Conn Barracks start at 6 p.m.

Single Soldier event

Single Soldiers are invited to attend the next Meet n’ Greet event at Finney Recreation Center Oct. 22 from 1 - 5 p.m. Sponsored by BOSS, it offers an environment of fun, games, and food as well as opportunities to get necessary reintegration training.

For more, call CIV 09721-96-8476.

Fall craft show

Would you like to sell your handcrafted items to the community? Schweinfurt Elementary School has table space for sale for interested vendors at the fall craft show, Nov. 7 from 10 a.m. - 3 p.m. Half of a cafeteria table costs \$10 and a full table goes for \$20. Tables will be set up in the multipurpose room.

Applications can be picked up at SES. For more, call CIV 09721-81893. Deadline is Nov. 2.

Rhoen day trip

Enjoy a day trip to the Rhoen Oct. 24 with Outdoor Rec. Visit the Wasserkuppe rollercoaster, the Fladungen outdoor museum, and the Kreuzberg monastery known for its beer.

Bus departs Conn Barracks at 9 a.m. and returns approximately 5:30 p.m. The \$20 cost includes transportation and entrance to the museum.

Call ODR at CIV 09721-96-8080 to reserve a seat.

Watch community theater

The Schweinfurt community theater presents, “The Way of All Fish” by Elaine May at the Abrams entertainment center tomorrow at 7 p.m. Enjoy 40 minutes of sharp humor with sinister overtones in the power play between a high-flying executive and her meek secretary.

Tickets are \$10 for adults and \$8 for youth ages 10-18. Call CIV 09721-96-6225 to reserve seats.

Winterize your car

Get the automotive edge on winter. Learn all about preventing rust build-up on your vehicle at the Conn Auto Skills center vehicle winterization course Oct. 22 starting at 6 p.m.

For more, or to sign up, call CIV 09721-96-8224.

CFC campaign underway

Support your favorite non-profit organization by donating through the Combined Federal Campaign.

For more on donating, contact your unit or organization representatives or call CIV 09721-96-1770.

Additional information about the CFC-O can be found at www.cfcov-erseas.org. The campaign runs until Friday, Dec. 4.

Health clinic limited

There may be limited appointments and services provided by the Schweinfurt Health Clinic during the months of October and November due to the deployment

mission of 1st Squadron, 91st Cavalry Regiment and the redeployment mission of the 172nd Infantry Brigade.

For emergencies, dial 112 or go directly to Leopoldina Hospital.

Bulk trash

Bulk trash is scheduled to be picked up from Askren Manor, Yorktown Village, and government-leased housing Oct. 27.

Put bulk items out prior to 7 a.m. on day of pick-up but no earlier than the day before. Bulk trash are items too large to transport in your vehicle.

For more, call CIV 0162-270-9403.

Sign up for a night off

Do you need a night away from the kids to hang out with friends or relax at home? Sign up now for the next Parent’s Night Out event Oct. 23 from 6:30 - 11:30 p.m. Deadline to sign up is Friday. The program includes one meal and is available for children ages 6 weeks to fifth-grade for \$16. Call CIV 09721-96-6414.

Large-screen movie showing

Attend the PG movie drama “Fireproof” on a large screen in the Schweinfurt Elementary School multipurpose room Oct. 23 starting 7 p.m. Bring your own snacks and drinks to enjoy the show.

Child care provided for ages 6 weeks to fifth-grade through Child, Youth, and School Services’ Parent’s Night Out by calling CIV 09721-96-6414 before Friday.

Breast cancer run/walk

Support the cause of breast cancer awareness by participating in the five kilometer run/walk Saturday at the Kessler Fitness Center. Register at Kessler or Finney gyms through Friday, or at the Kessler gym from 7:30 - 8:15 a.m. the morning of the event. Run begins 9 a.m.

POC training

Interested in becoming a point of contact (POC) for your family readiness group? Come to the POC training at Army Community Service Tuesday, Oct. 20 from 11:30 a.m. to 1 p.m.

Call CIV 09721-96-6933 for more.

Career assessment workshop

Discover a path to success for this year and the future by attending the Army Community Service career and interest assessment workshop Tuesday, Oct. 27 from 9:30 a.m. to 11 a.m.. Assessment tools will encourage self-direction and action and is great for job-seekers and volunteers.

Call CIV 09721-96-6933 for more.

Treasurer training

The the ACS class “Treasurer training” at the Yellow Ribbon Room Oct. 22 from 11:30 a.m. - 1:30 p.m. Learn how to run a ledger, a monthly report of funds, and more. Call CIV 09721-96-6933.

Build a volunteer portfolio

Not sure how to make your volunteer experience work for you? Let Army Community Service show you how in a class at Ledward Yellow Ribbon Room Thursday from 11 a.m. - noon.

Bring any certificates, memos, scrolls, awards, job descriptions, and pictures from past volunteer experiences that highlight strengths in order to show off to family members or to apply for a job. Call CIV 09721-96-6933 for more.

Pregnant?

Come to Army Community Service’s class OB Orientation Wednesday, Oct. 21 from 9 a.m. to noon to learn about your pregnancy, nutrition, resources in the community and more. Mothers and fathers are encouraged to attend. Call CIV 09721-96-6933 for more.

Couples’ communication

Discover tools for strengthening your relationship even when separated by distance. Come to the Army Community Service class “Couples’ Communication: Long Distance” Oct. 28 from 4:30 - 6 p.m.

Child care is available if pre-registered. Call CIV 09721-96-6933 for more.

ADD, ADHD support group

Come speak with others living with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder at ACS on Oct. 26 from 10 a.m. - 11:30 a.m. and expand your current support network.

For more, call CIV 09721-96-6933.

First impressions count

Learn how to make a positive first impression on job interviews by attending the “First impression employment readiness” Army Community Service class Oct. 22 from 2 - 3 p.m.

Topics also include types of interviews, how to dress, and more. Call CIV 09721-96-6933 for more.

Adult book club

Join the Ledward Library book club the last Thursday of each month at 5:15 p.m. The next meeting is Oct. 29 and will discuss the book “Finding Nouf” by Zoe Ferraris.

A copy of the book can be picked up at the library circulation desk. Snacks and drinks are provided at the meeting.

Call CIV 09721-96-1740 for more.



GOOD JOB GREAT MISSION


The Air Force Reserve is offering part-time opportunities for Navigators with excellent benefits, including choice of home base, education assistance, secure employment and competitive pay.

Choose your home base and you will not be transferred. Receive low cost TRICARE health insurance. Maintain retirement benefits. In most cases you can retain your rank.

Continue to build close friendships, serve your country and participate in experiences unique to the military.

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BERLIN

Having undergone numerous restorations, the Berliner Dom towers over the adjacent Unter den Linden Strasse.

Photo by 1st Lt. Axel Wolff

The phoenix arisen

by **JOHN REESE**
USAG Garmisch PAO

It was exactly 30 years since this young American Soldier first traveled by a blacked-out sleeper train through Soviet-occupied East Germany to the surrounded former capital of Germany. Back then, U.S. personnel were under strict orders not to lift the shades to peak out at the landscape, as if much could be seen at night anyway.

Upon arrival in Berlin, we were greeted by representatives of the Berlin Brigade, the Bundeswehr, and the occasional pokey East German soldier. As visiting Americans, we were free to travel throughout West Berlin. However, the trip into the surreal eastern side of the city via Checkpoint Charlie (now a museum), past the guard towers with guns and a minefield, and complete with a KGB or STASI (East German Intelligence) tail despite our obligatory Class A uniforms that stood out like a sore thumb, was an awakening to the difference between the free west and the occupied east. It made those of us Cold Warriors who walked the line against the mighty Warsaw Pact better understand why we served.

Fast forward to Oct. 3, 2009, as Germany celebrated Reunification Day, with the 20th anniversary of the fall of the infamous Berlin Wall, which actually occurred Nov. 9, 1989.

Whole once again, Germany’s shining capital, Berlin, is akin to the mythical phoenix that rose from ashes to become bigger, better and more beautiful than ever.

The public transit system is fast and efficient with the Berlin Welcome Card, a discounted pass good for 48 or 72 hours of unlimited travel, plus half-off reductions on many attractions. The elevated Ringbahn of the S-Bahn circles the entire city, offering an inexpensive way to get a first impression. Numerous double-decker tourist buses take visitors directly to the main points of interest.

Under blue skies, we chose to walk through the city to the Kaiser William Memorial Church on Kurfürstenstrasse, deliberately left with the terrible bombing scars of Nov. 23, 1943, as a memorial and somber reminder. The church is one of the familiar landmarks along with ubiquitous currywurst vendors; Berlin is the birthplace of the currywurst, so beloved there is now a kitschy museum dedicated to the spicy

ketchup snack.

We continued on from the west end of Kurfürstenstrasse to the center of town, passing the “elephant gate” of the Berlin Zoo and through the Tiergarten, Berlin’s Central Park, to where the golden Victory Column stands guard since inaugurated in 1873. From there, we walked along the Street of 17 June (it becomes the famous Unter den Linden east of the Brandenburg Gate) onward into the former Soviet sector. We found so many improvements over 30 years it was hard to recognize the grand old city.

As we traveled from west to east, the pedestrian walk/don’t walk signs changed from familiar figures to the older, uniquely East Berlin icons of red and green. We saw the T-34s of the Soviet War Memorial from behind a temporary construction fence, denying us the opportunity to relive the moment 30 years before when we handed the memorial’s ancient “toilettenfrau” a small treasure of aluminum East German marks.

The Brandenburg Gate, dingy and behind the lines in 1979 (and before the Wall it was the demarcation line) was open, free, and looked as sparkling clean as the new US embassy mere yards away.

The bulbous 1207-foot high Fernsehturm (TV tower) with its revolving restaurant, which the communists built with money provided by the Catholic Church for rebuilding war-torn Berlin (as told to visiting Soldiers in 1979), still towers over the city. The tower casts a reflection in the pattern of a cross – the so-called “Pope’s Revenge” – because no matter what the communists did, they couldn’t get rid of the unintended reflection.

The piles of bomb damage and Wall rubble still evident in 1979 were all gone, replaced by a building boom of modern glass and steel architecture. Berlin offers so much in the form of art, history and culture, that it could take several visits to grasp its complexity.

Like many places in Germany, Berlin no longer retains a large US military presence. The flip side is that the enormous military machine of the now defunct Warsaw Pact that once encircled the city is also gone.

Berlin is once again a beacon of German art and culture, and a must-see capital for all who visit Europe.



Photo by 1st Lt. Axel Wolff

Visitors flock to the iconic Brandenburg Gate in Berlin.



From fortifications to freedom, the Berlin Wall has seen many changes through the years, and its remnants continue to draw visitors.

Courtesy photos

Being prepared is key when filling out prescriptions on the German economy

Story and photo by
JENNIFER WALSH
BMEDDAC PAO

Pharmacists across Bavaria are celebrating National Pharmacy Month this October by educating beneficiaries about how to fill German prescriptions.

“We don’t want to make it difficult for the patient to get their medication,” said Lt. Col. Paul Ray, Bavaria Medical Department Activity pharmacy director. “We want them to have this information on hand so they can reference it when they need it.”

According to Ray, there are two ways to get a German prescription filled. Patients can get their medications from the German pharmacy, or they can ask their German provider to give them an English prescription so they can get their medications from their health clinic pharmacy.

“The method we recommend is whichever is easiest for the patient,” Ray said. “However, patients should be aware that if they go to the German pharmacy they may be required to pay a co-pay or file reimbursement paperwork with Tricare.”

Ray also said patients may be required to show their original referral paperwork from their military treatment facility to their German doctor and should bring a copy with them to the pharmacy.

Patients who choose to have their German prescription filled at their health clinic pharmacy also need to keep a few things in mind.

“The biggest thing is making sure the prescription is in the English format when it gets to the health clinic pharmacy,” Ray said.

Although German and English prescriptions are similar, Ray said when it comes to medications it’s all about details and patient safety.

“If a patient brings in a prescription in the German format to the health clinic pharmacy, we have no way of safely knowing exactly what they want,” Ray said. “We can’t guess at it.”

Instead, Ray recommends patients ask their German providers to write their prescriptions in the English format if they want to pick up their



Lt. Col. Paul Ray, Bavaria Medical Department Activity pharmacy director, talks about the differences between German and English prescriptions at the Grafenwoehr health clinic pharmacy Oct. 5.

medications at the health clinic pharmacy.

“Most of the German providers enrolled in our Preferred Provider Network know how the prescriptions should be written,” Ray said. “If they have a question about what we stock or how to write the prescription, we’d be more than happy to help.”

Ray also said patients should be aware that health clinic providers are prohibited from rewriting German prescriptions into an English format.

“Unless the health clinic provider has evaluated the patient, they cannot rewrite a prescription,” Ray said. “This is for the patient’s safety.”

In the end, Ray said it does not matter where the patient fills their prescription. The important thing is that they get their medication, follow the directions and start to get better.

“You went to see the doctor for a reason – you weren’t feeling well,” Ray said. “We’ll try everything we can to make it work.”

For more information, contact your local health clinic pharmacy or Tricare Service Center.

For step-by-step instructions on filling your German prescriptions, visit <https://ermc.amedd.army.mil/Bavaria/index.cfm>. Click on your local health clinic, then click on the pharmacy tab.

What you need know about filling your German prescription on the economy:

- 1) If you are enrolled in Tricare Prime, a network pharmacy will not charge you for the medication. They will submit the bill to Tricare. You must show a copy of your referral from the clinic to the German doctor.
- 2) If you use a non-network pharmacy, you will have to prepay and then submit a claim to Tricare for reimbursement.
- 3) If you have Tricare Standard, you will have to prepay and then submit your claim to Tricare for reimbursement. You are responsible for the co-pay and deductible.
- 4) If you are a civilian, you will have to prepay and then obtain reimbursement from your health insurance.

At your local health clinic:

- 1) The German provider must be a network provider and must be listed in the military pharmacy database.
- 2) The prescription must be in English and meet the following criteria:
 - a. Patient’s name and date of birth
 - b. Date prescription was written
 - c. The chemical name, strength and quantity of medication to be dispensed
 - d. Dosage instructions in plain English
 - e. Signed by prescribing German physician
 - f. Medication must be listed in military formulary
 - g. Doctor must write the diagnosis or indication on all controlled substance prescriptions
 - h. Can only be dispensed by an MTF pharmacist or dispensing physician
- 3) Writing prescriptions in English is strictly voluntary on the part of the German provider.

Education, activities used to combat depression

by **JERRY HARBEN**
U.S. Army Medical Command

With a theme of “One of the bravest acts ... is to ask for help when you need it,” the Army is using National Depression Education and Awareness Month activities in October to combat a stigma associated with behavioral-health care and teach Soldiers and their families how to recognize depression and get help for it.

Depression is more than just “feeling low.” It is a serious medical condition that may be persistent and can interfere with a person’s ability to function. It affects some 18.8 million Americans, according to the Uniformed Services University of the Health Sciences (USUHS).

Signs and symptoms of depression may include sadness, irritability, anxiety, fatigue, lack of energy, changes in appetite or weight, inability to sleep or changes in sleep pattern, inability to concentrate or make decisions, feeling worthless, and thoughts of death or suicide.

Almost everyone experiences some of

these symptoms at some time. But the more symptoms there are, the stronger they are and the longer they last, the more likely the person is suffering depression. Experts say it is time to seek treatment when these symptoms are overwhelming and disabling.

“Depression is a medical illness caused by malfunctioning of certain neurochemical systems in the brain,” said Col. C. J. Diebold, chief of psychiatry at Tripler Army Medical Center and the Army Surgeon General’s consultant for psychiatry. “Factors contributing to depression can be psychological stress; physical illness; medical conditions such as anemia or a malfunctioning thyroid gland and side effects of certain medications. Depression can also occur with other psychiatric conditions like post-traumatic stress disorder.”

“Like many medical conditions, depression can be inherited, so people may be at risk if their parents or grandparents have a history of depression,” he added.

The Department of Defense and Department

of Veterans Affairs offer anonymous behavioral-health assessments online at www.militarymentalhealth.org and www.mentalhealth.va.gov/depression.asp.

In 2008, the Department of Defense, Office of Personnel Management (OPM) and the Office of Management and Budget (OMB) approved revisions to question 21 on the Questionnaire for National Security Positions, Standard Form (SF) 86, regarding mental and emotional health counseling. The change allows people who have been treated by a behavioral-health professional due to marital or family reasons not related to their violence, or related to adjustments from service in a military combat environment, to answer “no” to the question about receiving behavioral-health care.

“Major depression is a remarkably treatable disorder and the majority of people who receive treatment overcome the illness and return to normal lives,” Dr. Jack Smith, acting chief medical officer of the Tricare Management Activity, wrote in an online article.

“If a person is concerned that they are depressed, then he or she should make an appointment to speak with a primary-care provider or a behavioral-health professional for an assessment. Possible interventions include talk therapy and medications to treat symptoms associated with depression. The success rate is very high if a person follows the treatment plan,” Diebold said.

For mild depression that does not require professional treatment, USUHS lists the following actions that can help:

- Manage your diet.
- Get adequate rest.
- Avoid alcohol.
- Participate in regular exercise.
- Surround yourself with people who are important to you.
- Communicate your feelings to someone you trust.
- Join a social support group in your military community or in your local area.

COMMENTARY

Mammograms allow for early detection of breast cancer

by **Col. IRIS J. WEST**
BMEDDAC

“Ma’am, you have a 3 by 4 centimeter mass in your right breast. I’ve contacted the surgeons and made an appointment for you to have a biopsy.”

I stood there in stunned disbelief. How could this be?

I was shown the mammogram and even I could see the mass. The previous day I had my very first mammogram. I was 40 years old. I had been doing breast self-exams for five months and never felt a lump, nor had my provider. On that day I became a believer in the value of mammography.

At the time, my husband and I were emotionally distraught. As a nurse, I was well aware of the

statistics on breast cancer.

Breast Cancer is one of the most common cancers among women, and the seventh most common cause of death. In 2005, which are the latest available statistics, 186,467 women were diagnosed with breast cancer and 41,116 women died from it. It is the number one cause of cancer death in Hispanic women, and the second most common cause of cancer death among all other women, according to the United States Cancer Statistics 199-2005 Incidence and Mortality Web-Based Report.

This knowledge did not help my emotional state, and the week before the biopsy was the longest week of our lives.

My breast biopsy showed precancerous cells. A wide excision

was done and the surgeon felt he had taken out all of the bad cells. I have had regular mammograms since and so far they have been normal. I am very thankful I did not put off having that first screening mammogram. Had I put it off, those precancerous cells could have become cancer and it may have been too late.

A woman’s chance of getting breast cancer increases as she gets older. Most breast cancers occur in women after menopause and are uncommon in women under 40. This is why it is recommended that women begin having mammograms at age 40.

According to the Centers for Disease Control and Prevention, having regular mammograms can lower the risk of dying from breast

cancer. If you are 40 or older, be sure to have a mammogram every one to two years. Talk to your provider if you have any breast symptoms or changes in your breast, or if breast cancer runs in your family.

A breast lump can be a sign of cancer, but usually early breast cancer can’t be felt.

Self-breast exams are common practice, but not all experts recommend them. Mammography is considered the most important screening tool to detect early breast cancers.

If you are 40 years old and have never had a mammogram, or if you are older than 40 and have not had a mammogram in the past two years, or if you have a family history of breast cancer, call your health clinic and request a referral to have a

mammogram.

I have heard women say, “Oh, I am going to wait until we rotate back to the States to have one done.”

Ladies, this is the wrong answer because by then it could be too late.

If you are uncomfortable having a mammogram in a host nation facility, ask your health clinic to have a patient liaison go with you the first time. They can assist you in becoming familiar and comfortable with cultural differences or possible language barriers.

I believe that having that first mammogram when I was 40 may well have saved my life. It can save your life, too.

For more information, visit the Centers for Disease Control and Prevention Web site at www.cdc.gov or contact your Army health clinic.

Iranian border Cargo Transload Area improves security and commerce for Iraq

Story and photo by
Pfc. BETHANY L. LITTLE
172nd Infantry Brigade

Iraq worked to improve commerce and security as the Cargo Transload Area opened along the border following a ribbon cutting ceremony here, Sept. 26.

The project is a combined effort through the Border Transition Team 4351, Task Force Drifter, Point of Entry team, Iraq Ministry of Finance, Civil Customs, Army Corps of Engineers and Iraqi Security Forces.

The area allows for commerce and safe trading between Iraq and Iran.

“I am very thankful for all of the help Coalition Forces have provided for us to create this area,” said Maj. Gen. Isam Salih Yaseen, Zurbatiyah Port Director, Department of Border Enforcement. “We now have the ability to be more proficient and provide better security between Iraq and Iran.”

The CTLA process starts at the Iranian border. Trucks are weighed and backed up to the 50-lane transload area. Where goods are then put on the concrete pier and inspected by customs police.

When the all clear is given, the goods are then transferred into Iraqi trucks and taken to the final inspection area in Iraq.

Inspection includes searching for



Maj. Gen. Richard J. Rowe, Director of Iraq Training and Advisory Mission, Multinational Security Transition Command-Iraq, talks to Maj. Gen. Isam Salih Yaseen, Zurbatiyah Port Director, Department of Border Enforcement prior to the ribbon cutting ceremony for the Cargo Transload Area here Sept. 26. Rowe was one of several key leaders to attend the ceremony.

useable products or unfit for consumption produce, improvise explosive device material and drugs.

Anywhere from 200-500 cargo trucks pass through the CTLA on a daily basis and approximately 5,000

people are processed through the point of entry.

“This project provides an opportunity for customs police to see what is transferred through the two countries and provide security for both countries,” said Maj. David W. Gordon, Zebatiya POE Team Chief, BTT 4351, Task Force Drifter.

“Iraqis are now able to help protect themselves from illegal items being smuggled into the country,” said Col. Kenneth E. Downer, Commander, BTT 4351, Task Force Drifter and native of Alexandria, V.A.

The POE is equipped with a dining area, office workspaces, armory, living quarters, bathrooms and showers for the personnel manning the facility.

The construction cost of the CTLA was \$5.3 million, but through taxes, tariffs and fees the CTLA brings in approximately \$40,000 or 40-50 million Iraqi Dinar.

Key leaders such as Maj. Gen. Richard J. Rowe, Director of Iraq Training and Advisory Mission, Multi-National Security Transition Command-Iraq, and Brig. Gen. Jerry Lang, Deputy Commander, 34th Infantry Division, attended the ceremony and toured the facility.

“This project shows how the trade between Iraq and Iran will continue to grow and commercialize in a good way,” said Yaseen.

“It is a major responsibility to take on this area, but it will help us better our security and strengthen our economy,” he said.

Hometown-style carnival entertains troops in Iraq

172nd Infantry Brigade Press Release

The scent of popcorn and caramel apples filled the air and the sound of music echoed throughout the quad while colorful lights strung around game booths lit the pathway for service members and civilians as they enjoyed the festivities of the Blackhawk Carnival held here Sept. 26.

With the 172nd Infantry Brigade Soldier preparing for redeployment, the carnival was a way to show appreciation for all the good work that everyone has done over the past year said Col. Jeffrey A. Sinclair, the 172nd Inf. Bde. Commander

The carnival started with the Soldiers forming up in a mass formation. After a few words from Lt. Col. Jamie Gough, the 172nd Inf. Bde., Deputy Commanding Officer, all the Soldiers scattered in every direction around the quad area here to participate in the fun and games.

Reminiscent of a small hometown carnival, booths set up with games such as the

hammer throw, ring toss, dart throw, three point shootout, and pellet gun marksmanship offered winners stuffed camels and prize tickets.

The more prize tickets the participants accumulated, the more of a chance they had to win several different prizes such as an Xbox, and a Guitar Hero guitar, during the prize drawing, which happened at the end of the night.

A makeshift dunking booth was a favorite throughout the entire evening as Soldiers had the opportunity to dunk many of their superiors and peers.

Among the scent of popcorn and candy apples was the smell of freshly cooked funnel cakes and hotdogs. Long lines remained at each of these booths as people

waited to fill their bellies with these traditional carnival treats.

“I couldn’t believe it,” said Spc. Angel Hood, a mail clerk for the 563rd MP Company, and a Macon Ga. native. “This actually felt like a real carnival back home. I was really surprised because I knew it would be cool but never expected it to be anything like this.”

“It doesn’t get any better than this during a deployment,” said Sgt. Dexter Morrow. “I have been deployed before and never seen anything like this.”

A Blackhawk carnival would not be a Blackhawk carnival if there wasn’t a way for Soldiers to compete against each other. For the competitive people, events such

as tug of war, arm wrestling, tight rope walking, Rock Band competitions and a pie-eating contest held on the opposite end of the quad.

Soldiers also had the opportunity to watch as representatives from their units competed in donkey cart races and Gator drag races.

The 34th Infantry Division Band played live music as everyone watched the competitions throughout the night.

Service members and civilians in attendance, gathered around the stage to hear some motivating words from Sinclair and watch as the ceremonial Blackhawk bonfire was lit towards the end of the carnival.

“We do this to show thanks for all your hard work done and to show appreciation” said Sinclair. “But do not get complacent, for as we return back to Germany, we must return with honor.”

Following the lighting of the bonfire, the sky lit up with a kaleidoscope of colors as the carnival ended with fireworks set off by Soldiers.

“This actually felt like a real carnival back home ... never expected it to be anything like this.”

Spc. Angel Hood

Year of the NCO Spotlight

Staff Sgt. Stephane Douge

Age: 30
Current Unit: 172nd Support Battalion
Current Position: Ground Support Equipment NCO
Component: Active Army
Current Location: Schweinfurt, Germany
Hometown: Brooklyn, N.Y.
Years of Service: 6

Representing the 172nd Infantry Brigade in the Noncommissioned Officer and Soldier of the Year Competition in United States Army Europe, Staff Sgt. Stephane Douge, ground support equipment NCO, 172nd Support Battalion competed with NCO’s from all of the different units stationed in Europe.

“I’m very honored to have had the opportunity to represent my battalion and the brigade during this competition,” said Douge, a native of Brooklyn, N.Y.

Prior to the competition, Douge deployed with the 172nd Inf. Bde., to Forward Operating Base Kalsu, Iraq and competed with fellow NCO’s to earn the title of NCO of the Year for the brigade.

Competing in extreme temperatures, Douge and six others completed several different tasks, which included land navigation, road marches, combat lifesaver skills and preparing for the board. “My primary job is maintenance and isn’t a combat job. However, my job influenced my performance throughout the competition,” added Douge

Douge also stated that through the different problems that came up during the competition, he was prepared for the unexpected. He knew his duties as a Soldier and applied how he solves problems at work to the competition

“My job is very physically demanding,” said Douge. “It makes me think outside the box and helps me to be more efficient in my problem solving skills which helped me to excel during the competition.”

Douge was announced the winner of the competition during a formation at the 172nd Inf. Bde., Blackhawk 4th of July celebration. He then returned to Germany in early August to compete in the USAREUR competition. Upon his arrival, he returned home to his wife Maycarlis C. Douge. “Although I didn’t win the USAREUR competition, it was a rewarding experience for me. I improved my knowledge of Soldier tasks and it is an experience that all Soldiers should participate in,” said Douge.

Douge will remain in Germany to help reintegrate fellow Soldiers returning from Iraq.



New sheriffs in town: 527th Military Police take over the roads in Ansbach



Soldiers from the 527th Military Police qualify with their weapons during an intense training session at the Oberdachstetten range in preparation for taking over the Ansbach road duty. Thirty-four Soldiers from the company took over the Ansbach road commitment and law enforcement responsibilities Oct. 1.

Story and photo by
RONALD H. TOLAND JR.
Bavarian News

After a 15-month deployment downrange, 34 Soldiers from the 527th Military Police Company took over road commitment and law enforcement responsibilities in Ansbach, Oct. 1.

But while they were deployed, local standards changed, said Staff Sgt. Stephen Carroll, 527th MP operations chief.

"During the deployment, U.S. Army Europe's Office of the Provost Marshal adopted a new certification process," said Carroll. "So when they returned, the Soldiers were not in compliance and we needed to certify them according to new regional standards."

But law enforcement operations in a combat zone and those in a garrison environment are much different. Before Soldiers begin working the road, they need to retrain for garrison operations, said Sgt. 1st Class Chris Glaviano, the unit's range officer.

"We are training up for the road with the basic 9-millimeter qualification range and stress fire training," said Glaviano. "We get the Soldiers' adrenaline and heart rate pumped up, with some brief physical exercise, before they engage pop-up targets. This helps prepare them for actual community domestic road type situations."

Preparing Soldiers for the situations they will

run into and understanding the physical demands that will be placed on them is key.

"The training is important so the Soldiers understand how mental and physical stress affect[s] their bodies and to understand the effects of physical stress when engaging an armed subject," said Carroll. "The stress fire simulates an MP chasing after a subject through various obstacles, trying to subdue them, and then engaging that armed subject with their weapon."

And Soldiers realized the benefit from such scenarios.

"It is awesome because I get to experience things I have never felt before and overcome stress — it is much better than school," said Pvt. Chaz Fritschow, a new MP to the unit. "This way, I can face random targets, be aware of my surroundings and react better — hooah."

In order to fulfill and meet the new standards, Carroll said the three-week program incorporates different aspects of MP operations, including crime scene investigations, emergency vehicle operations and numerous other law enforcement-specific training.

"This will all be incorporated into scenario-based training at the end of the training period and once the Soldiers have completed this training, they will be certified to perform law enforcement duties at any installation in USAREUR," he said.

Forestmeister takes rabbit control measures

by **JIM HUGHES**
USAG Ansbach PAO

German forestry officials have decided it is time to do something about the "dramatically increasing" population of rabbits in the Katterbach Kaserne housing area.

With no real predators to control the rabbit population, the local Bundesforst has worked with garrison and City of Ansbach officials to arrange for the shooting of the rabbits to bring the numbers to safe levels, said Herbert Otta, chief of buildings and grounds for Ansbach Directorate of Public Works.

The operation is expected to run until February, Otta said.

While some might balk at the thought of shooting rabbits around the Katterbach housing area, German officials say this is the best way to

deal with the situation and, in the end, is best for rabbits and humans alike, Otta said.

"If the population is allowed to keep increasing, the forestmeister says there is a severe risk of disease among the rabbits, which would kill them in large numbers," he said. "Then, the bodies of the rabbits could attract more unwelcome guests, like rats, to the area."

This does not mean it is open season on rabbits in the housing area — only the forestmeister is allowed to do the shooting, Otta said.

"This is a common way to control animal populations such as what we have in Katterbach," he said. "The operation will be conducted with safety as the chief consideration and the forestmeister will limit his actions to morning and evenings when less

people are out and about in the area. He is a trained professional and will not place any people or pets at risk to carry out his work."

For more on the operation, call Herbert Otta at DSN 467-3438 or CIV 09802-83-3438.

Rabbits, whose population have seen a dramatic rise at Katterbach Kaserne, have become the target of animal control measures. Local german and garrison officials say bringing the population down to safe levels is in the interest of both rabbits and humans in the area.

Courtesy photo



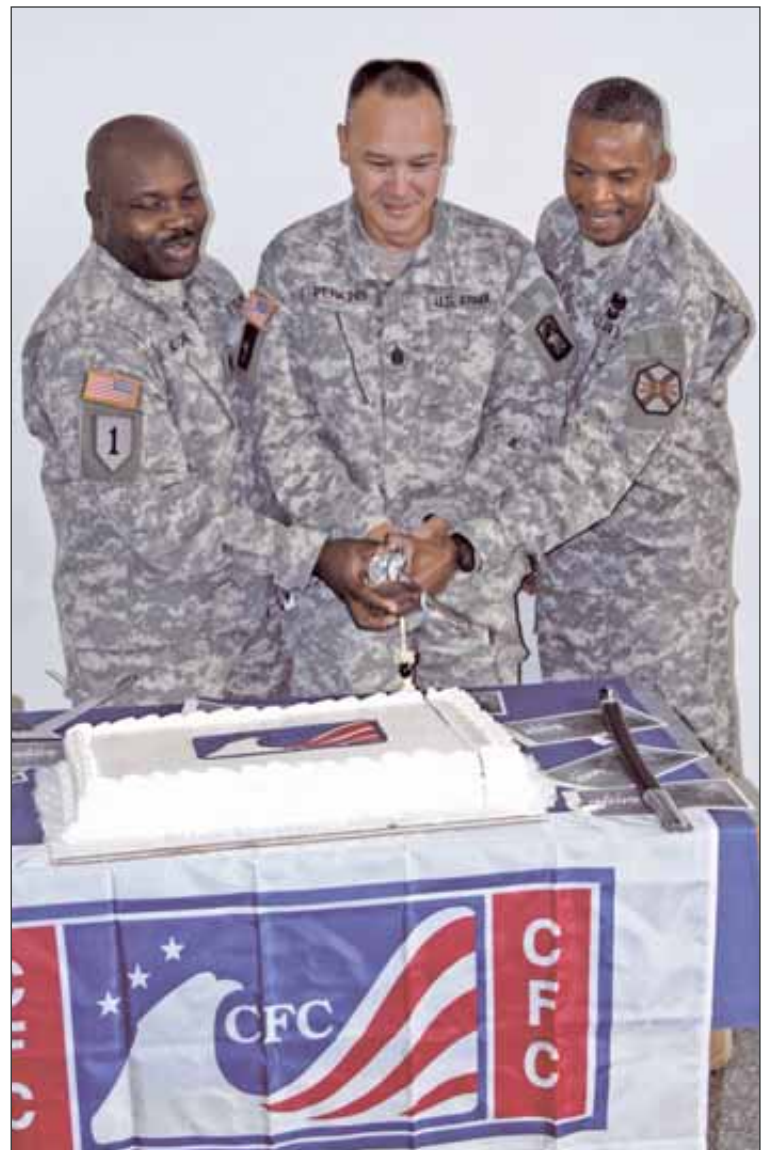
GARRISON SNAPSHOTS



Photos by Ronald H. Toland Jr.

Above: Mr. Timothy Bolyard, USAG Ansbach Deputy Garrison Commander, speaks to Soldiers and other diners about the history and importance of the Combined Federal Campaign at the 2009 kick-off at the Katterbach Dining Facility Oct. 5.

Right: Command Sgts. Maj. John Moore, 12th Combat Aviation Brigade Rear Detachment; David Perkins, 12th CAB, and Lester Stephens, USAG Ansbach, cut the cake for the 2009 CFC kick-off.



Wounded warrior, wife share experiences with Schweinfurt Soldiers and families

Story and photo by
MARK HEETER
Schweinfurt CI Chief

One hundred twenty-nine pints of blood poured into Lt. Col. Greg Gadson's body in the single night that Soldiers, doctors and a vast team of others brought together by a roadside bomb fought to save his life.

"I am here today because my team saved my life. And I like to say it twice. I am here today, sitting here on the stage, or walking through the room, because my team saved my life," said Gadson. His wife Kim joined him on the Ledward Theater stage for a talk with the Schweinfurt community, Sept. 29.

Gadson, a four-year letterman as a football player at West Point, talked at length about teams, especially the one comprised of his Soldiers that night.

"They were, and are, exactly like you all in the crowd," he said. "That team worked together every day and, on one special night, they made a difference in saving my life.

"It was medical personnel. It was Soldiers, people doing what they were trained to do, putting all their effort into me being here. I'm living proof of the nation's commitment, of people in uniform's commitment that we're behind you," he said.

Gadson was headed back to his headquarters in Iraq, May 7, 2007, after having attended a memorial service for two fallen Soldiers earlier in the day, when his vehicle was struck by an improvised explosive device.

"In a moment (my life) changed," said Gadson, who lost both legs above the knee. "And so I recognize how fragile life is. So, like I said,

tomorrow's not promised. So let's make the most of every day."

Kim Gadson talked about the challenges they have faced along with their two children, and urged the audience to build, maintain and improve a network of friends to help in that time of need.

"I know that each of you has a very similar Army family, whether you are a service member or a civilian in the community," she said. Also, she said professional help has been an important part of their physical and emotional recovery.

"I would encourage you to get other assistance if you need it," she said. "Your own trauma is very personal to you, and you don't need to compare it with anybody else's trauma. But sometimes you do need some help."

The Gadsons followed their presentation by taking questions from audience members, several of whom were fellow wounded warriors seeking advice and guidance from someone who has faced the challenge of getting better.

"Just remember it's your mission to get better. That's your aim point," Lt. Col. Gadson said. "A lot of times, getting better is not getting back to where you were before ... that may be impossible. You've got to understand what the new better is going to be, the new normal is going to be."

A critical junction during Gadson's physical recovery came with overcoming a fear of falling.

"A lot of times we're afraid to try things because we're afraid to fail," he said, explaining what he had to tell himself to overcome his fear. "I'm not going to be afraid to fall. I am going to fall. That is part of my existence."



Lt. Col. Greg Gadson, who lost both legs in an improvised explosive device attack in Iraq in 2007, shares a moment with fellow artilleryman, Capt. David Evetts, commander of Battery D, 1st Battalion, 77th Field Artillery Regiment, at the Ledward Theater Sept. 29.

FRSTs offer family readiness deployment support

by **EMILY ATHENS**
Bavarian News

Support for Army families has grown over the years with the formation of numerous groups, agencies and resources at garrisons around the globe. Among these came the development of Family Readiness Support Technicians, or FRSTs, a position formed in response to an Army Family Action Plan issue.

The intent was for FRSTs to serve in different units across the Army, offering additional family readiness support during deployment.

Over the years, as the position evolved, the need for their presence in brigades and battalions Armywide became all too apparent.

As a result, a number of FRST positions will attain permanent status and some will gain an extended term, in an effort to improve the family readiness system, explained Sonya Brown-Lathan, Family Readiness Support

Assistant (FRSA) program manager for U.S. Army-Europe (USAREUR). Brown-Lathan provides direction and oversight to all FRSTs.

"The program is FRSA, but the employees are called FRSTs," Brown-Lathan said. "The title was changed because they provide support and are not assistants to commanders or FRGs.



Hillyer

The intent is to provide a uniform administrative staff capable of supporting commanders and volunteer family readiness group leaders across the Army. But a strong FRG leader is still critical to the success of any FRG." According to Brown-Lathan, the FRSA program began in 2003 to address the challenges volunteers and unit leadership may face in managing FRGs throughout repeated deployments.

Later, in 2006, the Family, Morale, Welfare, and Recreation Command (FMWRC) established a plan that would standardize the program Armywide, authorizing brigades and

battalions full-time FRSTs, but only as temporary or term positions, she said.

Now, with the FRST position authorized to be assigned on a permanent basis, units can expect an enduring level of support, regardless of deployment status.

"It enables us to provide ongoing support to families, especially during a deployment, and it takes a lot of pressure off FRG leaders and senior FRG leaders," said Sean Hillyer, FRST of 1st Battalion, 77th Field Artillery. "By being here, we're allowing them to focus more on individual spouses within the battalion."

The FRSTs, who attended training in Mannheim, Sept. 21-23, work hard to provide support to FRG leaders and family members while meeting the vision and goals that the command wants, said Teresa Burns, FRST for the 15th Engineer Battalion.

"We provide answers to any issues and

improve the readiness of family members before a deployment. In the life cycle of a unit, family members need to be ready," said Burns, about her current responsibilities with the nondeployed battalion.

"It's all about communication, getting it out and receiving it from the spouses," said Ron Mihalko, 9th Engineer FRST. "We're here ... to answer questions, highlight calendar events, maintain rosters, suggest good places to shop locally, discuss what's available in the community ... anything. We keep families informed so they can become self-reliant."



Mihalko

After long hours and the hard work of numerous collaborative efforts of USAREUR, FMWRC and multiple civilian personnel centers throughout Europe, the FRSA program continues to improve.

"Together we have been working diligently to make this happen. It is really a positive thing for the program," Brown-Lathan said.

Community invited to large-screen showing of movie drama

by **EMILY ATHENS**
Bavarian News

The community is invited to a free showing of "Fireproof," a 2008 Christian film (rated PG) that topped the charts and seemingly changed lives everywhere. Sponsored by the Protestant Women of the Chapel (PWOC), the event will be held at Schweinfurt Elementary School multipurpose room, Oct. 23, beginning at 7 p.m.

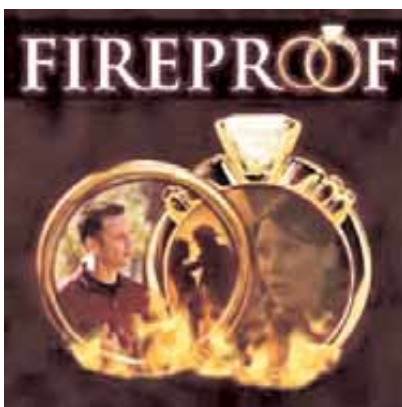
"The movie explains a lot about relationships between parents, husbands, wives and kids, portraying the life of a fireman that is having troubles with his marriage and is trying to save it," said Catherine Gutierrez, PWOC president.

Though the movie mainly focuses on a marital relationship, everyone in the community is encouraged to attend. Schweinfurt agencies, such as

Social Work Services, the American Red Cross, Army Substance Abuse Program and the Warrior Transition Unit (WTU), will set up information tables to enhance the movie's theme and provide resources and services that are consistently available in the community.

"Our Soldiers and families are faced with many uncertainties. The fear of the unknown can cause tension in a marriage," said 1st Sgt. Ron Quinn, WTU. "There are family programs in place to ensure they have access to all available resources." Quinn mentioned the Soldier Family Assistance Center and family readiness groups as helpful social outlets which also offer avenues of support.

According to Deputy Garrison Chaplain (Capt.) Mijikai Mason, the movie grossed over \$36 million in one weekend when it was released, making it the highest grossing Christian film



in history.

"I think the themes of the movie speak to the military need. ... Soldiers are rescuers just by affiliation, and the fact that he was a firefighter in the movie would really help address these personalities and how they deal with marriage," Mason said. "We're seeing double-digit divorce rates in

our battalions returning. ... This movie speaks directly to divorce and how to reconcile."

Mason praised the ability of the movie to speak to couples and individuals despite their situation. He said the movie also referenced issues related to pornography throughout the storyline.

"You don't see any vices in this movie, but one, which is pornography, and that is a huge issue for Soldiers downrange. ... The movie shows how to deal with that and how to reconcile that within yourself after a deployment," he said.

Kirk Cameron, a child actor perhaps best known from the 1980s television series "Growing Pains," stars in the movie, which, according to Mercedes Luna, family member from the 9th Engineer Battalion, is an inspirational movie with much emotion, love and laughter.

"I really like the movie. ... It benefitted my marriage and changed our lives. Anyone can learn from this movie – couples, kids, individuals, everybody – and become a better person from it," Luna said.

Participants are encouraged to bring their own snacks and drinks to enjoy during the showing.

The movie will be available for additional public viewings, Dec. 4 and Jan. 8, with times and locations to be announced.

Community members are encouraged to come out to a large-screen showing of the PG movie drama "Fireproof" at Schweinfurt Elementary School multipurpose room, Oct. 23, at 7 p.m.

Child care for ages six weeks to fifth grade is offered the same evening from 6:30 to 11:30 p.m. To sign up, call Child Youth and School Services before Oct. 16 at 09721-96-6414.

Craft studio has perfect gifts for Soldiers

Story and photo by
SANDRA WILSON
Bavarian News

Many 172nd Infantry Brigade (Separate) Soldiers will be returning to their families soon, while others, like the Soldiers of 1st Squadron, 91st Cavalry Regiment (Airborne), are preparing to deploy. Family members, friends and relatives may be racking their brains at this very moment to figure out how best to welcome home or send off their Soldier.

Schweinfurt's Ledward Craft Studio encourages the community to check out its offerings in the secret treasure trove of a center near the installation's health clinic.

"Here, one's problem might be trying to settle on the project to do because there are so many options," said Betty Haywood, volunteer at the

crafts studio.

One of the standard welcome home crafts is making a large, hanging banner. The studio offers four-inch letter cutouts that can be easily used with almost any material: fabric, foam board, paper, felt and more.

"This method is almost fool-proof," said David Haywood, director of the arts and crafts program. David said many techniques also are weather-resistant if the banner needs to be posted outside.

Framing certificates and awards can serve as another gift for the Soldier and doesn't require a large time commitment to complete. If using a shadow box for a frame, crafters can place memorabilia like an Army combat uniform cap or beret in the frame.

"It's deep enough for almost anything," David said regarding the



Smiley Soldier

shadow box. He said engravings can personalize framed items, as well. The studio even has a template for the noncommissioned officer's creed that can be personalized with the Soldier's name.

When more time is available for the creative process, crafters can make a ceramic gift for their Soldier and paint it in a personalized manner.

"We've got over 3,000 molds ... from little chess pieces up to big steins," David said, displaying the popular smiley Soldier ceramic figure.

Scrapbooks and related materials are also available at the studio for gift-givers to record their Soldier's time downrange or the time spent away from family.

"It depends on how sentimental you want to get," David said. He also offered advice on gifts for departing Soldiers.

"It has to be fairly portable," David said. "In the field, they can't have something that's too bulky."

Portable gift ideas are often the quickest to make, as well. Photos can

be printed onto pillow cases or T-shirts. Buttons with personal photos or a lock of hair can be created in a matter of minutes. Crafters can paint or write on small rocks for Soldiers to pocket during their time away. Children can leave their hand imprints in clay as special memorabilia.

The crafts studio can even bring some of its supplies to remote locations to offer easy crafting of gifts at family readiness group functions or meetings.

People get the most warm-fuzzies when they're involved in the process of making the gift, Betty said.

Nevertheless, if time is running short, the studio also can make a chosen craft for family members with the additional cost of labor.

For more on welcoming home or sending off your Soldier, call the crafts studio at 09721-96-6903.

Spouses' club welcomes new members

Story and photo by
EMILY ATHENS
Bavarian News

For those who seek to be more active in the community or simply want a guaranteed monthly outing with other community members, the Schweinfurt Community and Spouses' Club (SCSC) is the place to go.

According to the organization's mission statement, SCSC actively serves people of the Schweinfurt community by building charitable capital and providing grants and services that contribute to the health and vitality of the community.

"We want to do what we can to help every single spouse in the community. We hope to create lifelong friendships and strengthen families. ... That's the bottom line," said Teresa Duncan, SCSC president.

Last year, SCSC distributed \$50,000 throughout the community to agencies such as the Boy Scouts, American Red Cross and unit family readiness groups.

"My goal this year is to meet or exceed the numbers from last year. We do it as a way for us to give back to our community," Duncan said. "Some organizations and individuals may not be able to do some of the things they do if all of us in the spouses club weren't doing what we're doing."

The club kicked off its membership drive with a "red carpet event" at the Conn Community Club, Sept. 17. SCSC welcomes all ID cardholders of the community, family members and civilians alike, to join for a fee of \$20.

"As a member, you get a chance to do a good thing in the community ... and have fun doing it. It's a good sense of camaraderie," said Diana Eshelman, program co-chair. "I wouldn't know a lot of the people I know from other units if it



Schweinfurt Community and Spouses' Club President Teresa Duncan talks with Nicolas Zapien, one of three Cub Scouts of Pack 630 who attended the opening SCSC event to thank the club for its generous donations.

weren't for SCSC.

According to Eshelman, the club offers monthly events, day and night, such as wine tastings, spa treatments, boat cruises and much more.

"You can dress it up or play it down as much as you want. You're welcome to come however you are," Eshelman added. "It's fun no matter what."

The SCSC also offers volunteer opportunities for those looking to perform community service.

"You don't have to volunteer as a member. If you choose to come just to come and enjoy the programs, then come and enjoy the programs," Duncan said.

"But if you want to volunteer, we have everything ... helping with the newsletters, programs, hospitality and the bazaar. ... If you express interest in a particular area you enjoy, then we can connect you."

To join the SCSC, stop by the thrift store on Ledward Barracks or visit www.schweinfurtspousesclub.com.

'It takes a community' to prevent domestic abuse

by **SANDRA WILSON**
Bavarian News

October serves as the month to raise awareness about domestic abuse, and this year's theme of leadership focuses on making the right choice by acting to prevent it. Prevention, whether it's directed toward the person acting out or the victim, starts with education and an understanding of available community resources.

"Domestic violence is kinda scary. ... You have your cases where it is a Soldier that doesn't know how to handle their anger and doesn't know how to direct it ... to someone that's really a wife-batterer," said Regina Moore, U.S. Army Garrison Schweinfurt sexual assault coordinator and victim advocate.

"There's victims of abuse of all kinds," said Billy May, Family Advocacy Program specialist. "It's the breakdown of the relationship — it's not just physical abuse."

Acts of abuse can occur in many forms and often have roots unknown to the person who is acting out, according to Moore.

"You have a lot of Soldiers that come back from (downrange) that are very angry and don't know why," Moore said. In these cases, you can get them a lot of help, she said.

"These folks have to be willing to make that change," May added, referring to how those seeking help must be open to making adjustments in their way of thinking and living.

One of Moore's goals is to increase community awareness of the available resources. Anger management classes, as well as other outlets, enable Soldiers and family members to manage emotions that can lead to abusive acts.

Many options are available for victims. "I would like to at least be able to offer every victim services. If they choose not to have it, that's fine. But I would prefer to offer it than them not know we're here. And that's what we run into a lot — a lot of people don't know we're here, so they don't know there's help," Moore said.

Army Community Service hosted a variety of events this month, which started as family members created T-shirts in the Ledward Yellow Ribbon Room, Sept. 28 through Oct. 2, for the observance. The awareness month officially kicked off in the Ledward Commons with a cake-cutting and a reading of the proclamation, Oct. 6. The last event, Oct. 31 from 3-6 p.m., will serve as a preHalloween trick-or-treat event at School Age Services.

For more information, call ACS at 09721-96-6933.



Photo by Nathan Van Schaik

Participants create T-shirts to raise awareness for domestic abuse prevention month in the Yellow Ribbon Room, Oct. 2.



Lt. Col. Everett Spain, USAG Schweinfurt commander, helps secure equipment during railhead operations of the 1st Squadron, 91st Cav. Regt. (Airborne), Sept. 25.

Cavalry unit, garrison team up

Story and photo by
MARK HEETER
Bavarian News

With hammers clanking, nailing chock blocks into one end of a train car, a crane parked near the railhead on Conn Barracks gently placed a huge container down on the other end of the flat bed, Sept. 25.

The Airborne Cavalry is on its way. "They couldn't have done it without us. "We couldn't have done it without them," said Steve Grandison, chief of plans and operations for the USAG Schweinfurt Directorate of Logistics, referring to the Soldiers of the 1st Squadron, 91st Cavalry Regiment (Airborne).

The Soldiers, joined by staff members from several garrison agencies, loaded their equipment in the Installation Staging Area (ISA), completing

an early step in their upcoming deployment to Afghanistan.

The partnership between the deploying unit and the garrison is nothing new, said Eddi Sauer, USAG Schweinfurt safety manager, as he turned to Sgt. Charles McKee, Headquarters and Headquarters Troop, noncommissioned officer in charge on-site.

"Last week, (McKee) came by to check on the safety procedures," Sauer said, adding that he or his safety-office colleague must be on hand for all rail-loading operations.

"I've got to have my guys safe," McKee said. He said while cross-agency coordination can be a challenge, it has been a success for the squadron.

"The garrison agencies are working perfectly," he said.

"I made it a point to work with them early to build the relationships."

Abuse Program, the suicide and sexual-assault prevention programs, and social work services.

"This gives them a chance to meet their unit's reps and see what services are available," said Spc. David Houser, Schweinfurt BOSS president. Houser said the goal of the event was to get Soldiers away from their battalions into a relaxed atmosphere.

"It was jamming with lots of participation from the units," said Spc. Robert Beggs, BOSS president for the 15th Engineer Battalion.

Soldiers competed in video game tournaments and a pool tournament, but this time with an

added handicap — the infamous "drunk goggles." Constructed of plastic and rubber, drunk goggles simulate varying levels of intoxication.

Spc. Efrain Nieves of the Warrior Transition Unit said the goggles were among the most beneficial features of the event.

"I know Soldiers drink, and I'm usually the driver when we go out. Those goggles were a wake-up call for a lot of Soldiers," Nieves said.

Future Meet and Greet forums are scheduled for Oct. 22, Nov. 19, and Dec. 3. All events are held at the Finney Recreation Center on Conn Barracks.

BOSS gives Soldiers an opportunity to relax

Story and photo by
NATHAN VAN SCHAİK
Bavarian News

Better Opportunities for Single Soldiers (BOSS) representatives and new members convened for a Meet and Greet at the Finney Recreation , Sept. 24.

The event welcomed single Soldiers who were either new to Schweinfurt or returning from deployment into the community, and acquainted them with on-post facilities such as Army Community Service, the Army Substance

Combined USAREUR, IMCOM men’s team finishes first at Army Ten-Miler

Story and photo by
Staff Sgt. PATRICIA DEAL
USAREUR Public Affairs

The combined team representing U.S. Army Europe and the Installation Management Command-Europe

Capt. Kyle Greenberg from the Joint Multinational Training Command in Grafenwoehr strides across the finish line in the 25th Army Ten-Miler in Washington, D.C., Oct. 4. Greenberg and seven other members of the combined U.S. Army Europe and Installation Management Command-Europe men’s team earned a first-place finish in the race’s active duty men’s division.



earned a first-place finish in the 25th Army Ten-Miler in Washington D.C., Oct. 4.

The team time of 3:47:48 earned the eight-man team first place in the men’s active duty team division, edging out 36 teams from major

installations across the Army.

The USAREUR/IMCOM team was awarded the Commander’s Cup, what race director Jim Vandak referred to as “a pretty large trophy that goes to the best military male and female teams, and with it comes bragging rights.”

“The team did exceptionally well. This is a tough race with lots of competition,” said Sgt. Maj. Brad Weber of USAREUR’s office of the deputy chief of staff for personnel, who coordinates the USAREUR participation in the Ten-Miler. “Last year they made the podium with a third-place finish and now have solidly earned a top-place finish. They all did a great job.”

Four of the team members had times under 60 minutes. 1st Lt. Bradley Glosser of Headquarters and Headquarters Company, 12th Combat Aviation Brigade in Ansbach, Germany, led the way with a time of 55:52.

Glosser, a four-time veteran of the Ten-Miler, ran on the USAREUR team in 2006 -- as an enlisted Soldier -- and finished in an hour. He ran the course in under 60 minutes in 2000 and 2004. He said his goals for this year’s race were hitting the sub-60 mark, “and just getting a good start.”

Capt. Kyle Greenberg from the Joint Multinational Training Command in Grafenwoehr, Germany, used that same strategy. In his first Ten-Miler, Greenberg finished just behind teammate Glosser with a time of 56:41. “My goal was just to get to the front and stay as close to the front as possible,” he said.

Staying in the front to avoid the

congestion was no easy task, as this year’s field increased to 30,000 in celebration of the 25th anniversary of the race. Race officials said the event sold out in a record six days, shattering the 21-day record sellout established last year. In the first 24 hours of registration 14,696 runners secured a spot in the race.

“You definitely could tell the difference in the amount of people,” said Lt. Col. Laura Landes, a six-time veteran of the Ten-Miler from the U.S. European Command in Stuttgart, Germany. “I think the first time I ran it about 15 years ago there was about 8,000 runners. Quite a change now. But it’s still a great race, very well organized, and just a fun time.”

Landes ran a personal best time of 1:13:06 and helped the combined USAREUR/IMCOM women’s team to a 10th place of 18 teams in the women’s active duty team division.

Running the Ten-Miler for the second time, 1st Lt. Lisa Becker from 12th CAB’s 3rd Battalion, 158th Aviation, was close on Landes’

heels with a time of 1:13:57. Becker said her time was around what she expected. “It was a great race, good weather, lots of encouragement,” she said. “There was a bit of jostling in the beginning, and it was a little harder to get around the crowds, but the adrenaline kept you going.”

In addition to record-breaking registration and attendance numbers, records were broken in the male and female overall divisions this year.

The Ten-Miler attracts participants from all 50 states, the District of Columbia and 12 countries, including Canada, United Kingdom, Ireland and the Netherlands. According to the race Web site, more than 550 teams registered

for the team competition to compete for top honors in 25 divisions.

The scenic course runs through downtown Washington, across the Arlington Memorial Bridge, along Constitution Avenue, past the Kennedy Center, up to the Capitol, and finishes back at the Pentagon.

For additional information about the race and race results, visit www.armytenmiler.com.

The teams

USAREUR-IMCOM-E Men

Team time 03:47:48

Individual times/overall place:

Bradley Glosser	0:55:52/55
Kyle Greenberg	0:56:41/69
Kirk Madgic	0:57:26/83
William Rediske	0:57:49/93
Walter Johnston	1:03:27/335
Colby Broadwater	1:04:41/420
Trond Ruud	1:31:33/8422
Wesley Howard	1:32:34/8921

USAREUR-IMCOM-E Women

Team time 05:09:58

Individual times/overall place:

Laura Landes	1:13:06/1521
Lisa Becker	1:13:57/1709
Kimberly Defiori	1:20:58/3783
Stephanie Fair	1:21:59/4128
Rhoda Winsky	1:27:16/6357
Tammy Rogers	1:31:30/8400

Hohenfels hosts mountain bike championship race

by KRISTIN BRADLEY
Bavarian News

Riders from seven garrisons and bases across Germany met for the final race of the 2009 U.S. Forces Europe Mountain Bike Series Championship at U.S. Army Garrison Hohenfels Sept. 26.

Patricia Winn, a Spangdahlem cyclist who finished second in the women’s open category, described the course as technically difficult, requiring strength and focus.

“There was a nice mix of downhill, climbing, single-track and forest roads, and I think this was one of the most challenging, yet fun courses of the year.

“Fitting that it should be the last race of the season,” Winn wrote on the Spangdahlem Saber Cycling club Web site.

According to Brian Witty, with USAG Hohenfels Family and Morale, Welfare and Recreation, the course was the most challenging of the series.

Men raced seven laps on a 5km course (35 km total), and women raced 5 laps (25 km total).



Jessica Miller, top women’s open finisher, works her way through the grueling course at the 2009 U.S. Forces Europe Mountain Bike Series Championship at U.S. Army Garrison Hohenfels Sept. 26.

Photo by
SpC. Jenny Lui

The course, similar to the one mapped out by Hohenfels for the regular series race held there in June, featured multiple steep

switch-backs while it wound through the hilly Bavarian post.

The top men’s open finishers were Jeffrey

Andris (1:45:51), Luke Mercier (2:35:49), Nathan Miller (2:37:37) and Corey Landry (2:49:24).

Top women’s open finishers were Jessica Miller (2:17:59) and Patricia Winn (2:25:46).

Top senior men were Andrew Overfield (1:55:32), Lewis Plotts (2:06:42), Matt Girard (2:15:02) and David Baumgartner (2:18:10).

Top senior women: Angie Koppa (1:50:27) and Elke Rosher (2:01:47).

Master’s men top finishers were Dan Hoeh (2:31:20), Richard Kennedy (2:33:33) and Larry Purdue (2:51:50).

The top three male finishers overall were, in order, Jeffrey Andris, Andrew Overfield and Lewis Plotts.

The top three overall female finishers were Angie Koppa, Elke Rosher and Jessica Miller.

Awards were also given to top finishers of the series. The ten overall finishers of the entire series were, in order, Jacob Skurgund, Larry Purdue, Andrew Overfield, Hector Rodriguez, Nelvin Phillip, Andrew Atkins, Duke Matthews, Eric Arnesen, Nicholas Bernards and Brian Young.



CROSSFIT TRAINING

Certified CrossFit Instructor, Capt. Jason Mulligan (right) encourages 3rd Battalion 66th Armor Regiment Charlie Company’s Family Readiness Leader, Staff Sgt. Steven Vasquez (left), who is executing a proper pull up with a resistance training band at the Grafenwoehr Physical Fitness Center. Capt. Matthew McGraw (center), rear detachment commander, 2nd Battalion, 28th Infantry Regiment, executes the CrossFit Kettlebell Swing before moving on to more Wall Ball Shots. Mulligan has been instructing Vasquez and McGraw since the first week of September, preparing them to show Soldiers within the unit how to CrossFit properly.

The strenuous and newly promoted exercise regime lasts under 45 minutes. These Soldiers are determined to stick with it in the hopes of teaching other Soldiers what may be the future of the Army’s physical training.

Photo by Amy Newcomb

Family readiness adds permanence

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noted, speaking about the objectives of the conference.

But after Oct. 1, with the culmination of nearly five years of work, Family Readiness Support Assistant positions that were stationed with deployable units in Europe are no longer temporary positions, but gained permanent status.

Ironically, this major milestone originated as a simple plea for help from an Army spouse in 2004.

“At that time a very experienced Family Readiness Group leader stood up and said - “we need help” - because the Army asks Family Readiness volunteers to do so much,” says Helfrich. “That evolved into an Army Family Action Plan issue suggesting that there be paid positions to assist commanders with family readiness, and really led us to where we are today.”

While temporary FRSA positions have been around since their creation in the 2003-2004 timeframe, there was little standardization, the positions themselves were temporary, and meant only for units that were actually deploying. An order signed by the Vice Chief of Staff of the Army that went into effect in 2007 not only expanded the number of FRSA positions, but also gave them to battalions that were not deploying. But those positions were still temporary, which posed challenges.

“If you’re somebody who is trying to enter the workforce, you are probably looking for something permanent,” adds Helfrich. “With permanent status

for FRSAs we are able to afford someone a great opportunity to be part of that family readiness team without having to worry about having to leave because the position is going away in six months,” she added.

The emergence of the Army Family Covenant resulted in FRSA positions attaining permanent status they will enjoy as of October, increasing the pool of candidates for these jobs, enabling FRSAs the opportunity to grow professionally, and allowing commanders and the Army to benefit from decreased FRSA turnover and mission effectiveness, according to officials.

“The biggest challenge has always been the high turnover rate among FRG leaders and FRSAs,” remarks Sonya Brown-Lathan, Family Readiness Support Assistant Program manager for U.S. Army Europe, “but the good news is the conversion of these positions to permanent status, the use of standardized job descriptions, and the fact that FRSAs will finally have the mandatory training conducted by ACS that they have long been asking for that will continue to improve the quality and consistency of service to commanders and families.”

Family Readiness Support Assistants who attended training admitted the need for such training, in addition to expressing appreciation.

“My husband’s unit is unique, because they have someone deployed every day of the year,” says Lori Starnes, FRSA from Hohenfels. “So it is especially challenging because every six months I’m rotating new families in and out and going

to new companies, and it’s hard to keep up with that.”

“This has been fabulous, and the way they have broken down into groups with Family Readiness Group leaders, Mobilization/Deployment folks, and FRSAs has allowed us to confer with each other, talk and share ideas,” continues Starnes. “It’s great to learn exactly what I need to be doing, about difficult issues like fundraising, how to reach out to our community support network, and work with FRG leaders, rear detachment commanders and ACS to pull us all together as a team.”

And according to officials, this was a reassuring sign that they achieved their objective, and are on a path to continuous improvement.

“The takeaway is that it has to be an integrated team, you’ve got commanders, ACS, Family Readiness volunteers and paid FRSAs, and everybody’s got a very important piece of the pie.

“But they have to work together, they have to know what each other does, they’ve got to know how to get it done, they’ve got to know what their resources are, and our volunteers and FRSAs need to know they can go to ACS, and ACS needs to know we’ve got to provide them good information,” says Helfrich.

“The steady progress we’re making in Family Readiness is a real symbol of the Army’s real commitment to Families, and this is another great example of the Covenant making something happen at the community level that can really be seen and felt.”

Local NCO nabs top honors in Armywide competition

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be experts with all of this.”

In June and after winning the local competition, Beckman said he thought being a senior small group leader at the NCOA gave him a special advantage.

Beckman is a platoon leader of four staff sergeants and 48 sergeants in four squads. He leads, coaches and counsels during the stringent 390-hour Warrior Leader Course, the basic leadership course that provides Soldiers with an opportunity to acquire the skills, knowledge and experience needed to lead a team-size element and become a noncommissioned officer.

“One thing that is unique about Sgt. 1st Class Beckman is that he is a legitimate senior NCO. He doesn’t have to prove anything to anyone — most of the time, the NCO competitions are won by younger NCOs because their Soldier skills are more current; they use them during their daily activities,” said Command Sgt. Maj. Hu Rhodes, commandant of the 7th Army NCOA. “Working at the NCOA means Beckman gets to perform the Soldier skills daily as he instructs the students.”

Rhodes said U.S. Army Europe provides the academy with exceptional NCOs, which has helped the Academy sustain a higher level of competency and quality over the past 60 years. This month the NCOA celebrates its 60th anniversary. The 7th Army NCOA is the oldest in the U.S. Army.

“It reflects great credit on the unit, but it’s an accumulation of skills over the course of a career,” said Rhodes. “Even among the special group of NCOs we get, Sgt. 1st Class Beckman stands out. We are justifiably proud.”

GI Bill offers new benefits, causes questions

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processed within 48 hours, Erickson said. He added that no e-mail or other notification will be sent, however, so Soldiers should go back and check the TEB Web page to see if their transfer has been approved.

In order to transfer benefits, Erickson said the service member must be on active duty or in the active Reserve at the time.

“Retirees are rightfully upset about that,” Erickson said, but he explained that’s the way the law was written.

“The other thing is: to receive benefits as a child, they have to be a dependent on the date the benefits are transferred,” Erickson said. “Then the child can use it up to the age of 26.”

But Soldiers who had children above the age of 21 when the new GI Bill became effective Aug. 1, could not

transfer any benefits to them, Erickson said.

Once the transfer is approved, dependents aged 18-26 then can sign up for GI Bill benefits on the VA Web site at www.gibill.va.gov.

Once active-duty Soldiers submit their application for Post-9/11 GI Bill benefits to the VA, they need to notify their career counselors at battalion or higher level, Erickson said.

Career counselors are service-certifying officials for the active-duty applicants, Erickson explained.

“We need those Soldiers, once they’ve submitted their request -- they need to go to their career counselors, so that the career counselor is queued and can go in and process that request,” Erickson said.

“We’re starting to field a lot more questions on ‘when is the VA going

to pay me,’” Erickson said, but he explained that the Army cannot answer for the Department of Veterans Affairs about any backlog of applications or payments going out.

While tuition and fees go directly to a school, Erickson said that stipends for books and supplies go directly to students. Stipends for living expenses also go directly to veterans, Erickson said.

One question answered by the new Web site is how opting for the Post-9/11 GI Bill will affect benefits under the old Montgomery GI Bill or the Veterans Educational Assistance Program known as VEAP.

The Web site points out that while Soldiers can qualify for more than one program, they may only receive benefits under one program at a time.

The VA will determine program

eligibility and, in certain cases, will require Soldiers to make an irrevocable conversion from MGIB, MGIB-SR, and REAP to the Post-9/11 GI Bill.

Soldiers must carefully consider the benefits of these programs before making a decision to convert, G-1 experts recommend.

At the G-1 Enlisted Professional Development Branch, Master Sgt. Michael Beaupre and Sgt. 1st Class William Lucas have been helping Erickson answer questions on the new GI Bill and have put together the new G-1 Web page.

As Erickson retires, he said Lt. Col. Rob Yost will take over his position at G-1 Enlisted Professional Development.

For more frequently asked questions about the Post-9/11 GI Bill, go to www.armyg1.army.mil/post911gibill.asp.

GARRISON SNAPSHOTS



Photo by Molly Hayden

Above: The sound of brass instruments echoed throughout the U.S. Army Garrison Grafenwoehr Post Exchange Oct. 7 during a performance by the 1st Armored Division Band “The Iron 5 + 1.” Passersby listened to the sound of “America the Beautiful” and tapped their feet to more lively tunes including “The Army Song” and “Jump Swing Fever.” The band (left to right), Staff Sgt. Stefan Muldez, Sgt. Brandon Clark, Sgt. Jason Lacy, Spc. John Doney and Staff Sgt. Michael Gainey performed two lunchtime concerts at the PX in East and South camps.

Right: German firefighters put out a simulated fire at USAG Grafenwoehr Sept. 26 during the annual Charging Boar Force Protection Exercise. More than 2,000 host-nation first responders and hundreds of members of garrison staff were involved in the exercise, which simulated a terrorist attack in three locations on post, including the Netzaberg Youth Center. The exercise allowed responders to practice, evaluate and improve their response to emergency and mass casualty situations.



Photo by Melissa Wolff